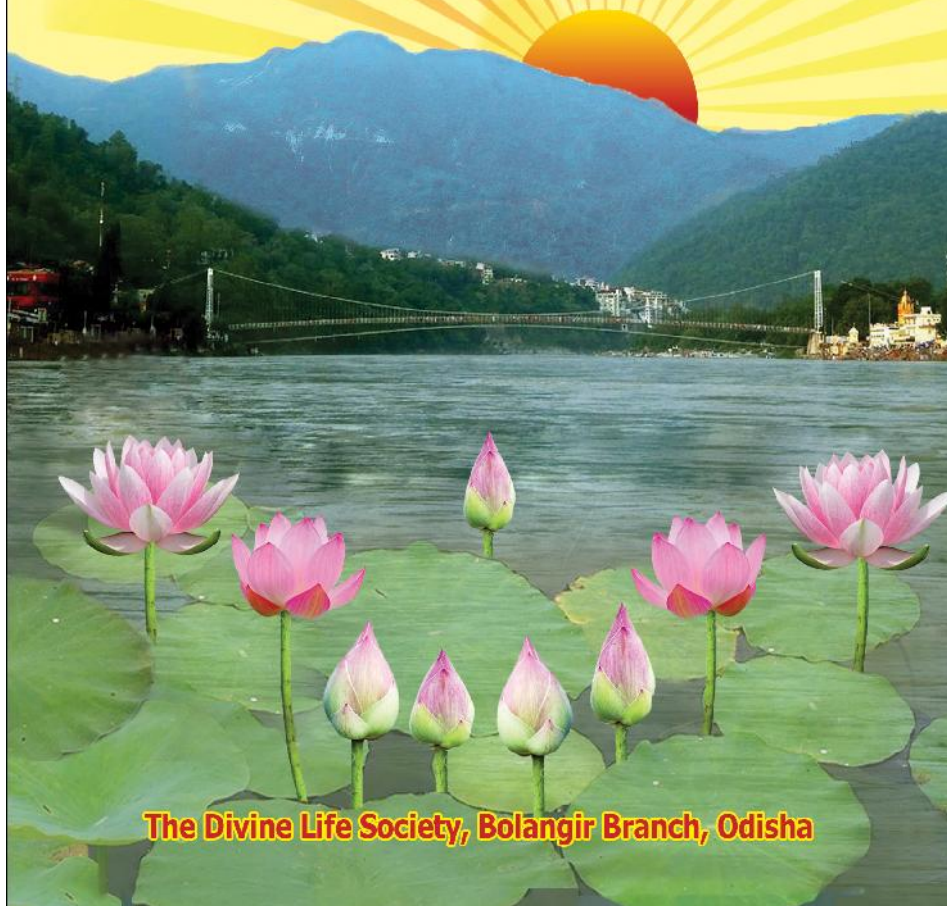


Souvenir

Golden Student Life

(Building the Precious Human Life properly and strongly during one's Golden Student Life and Youth Period, the Right Period of Human Life, for living the same ideally and successfully)

(Souvenir brought out on the occasion of celebration of one Special "Sivananda Literature Festival for Students and Teachers" on the subject of "Life-building, Character-building and Man-making Education", "The Real Education", for our Students; and on "Orientation of Teachers on Teaching Profession", for our Teachers)



The Divine Life Society, Bolangir Branch, Odisha

Students and "Life-building, Character-building and Man-making Education"

Student Life and Youth Period is said to be the "Golden Period" of Precious Human Life. This period is the most suitable and the "Right Period" to build the human life rightly for living the same ideally and successfully.

During this golden period, students need to decide the right goals of their precious lives; lay the foundation of their lives properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and construct the superstructure of their lives completely, properly, strongly and nicely with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul, which are the four great goals of ideal human life according to our great and glorious Indian Culture or Bharatiya Sanskruti. Thereby, they can build their precious human lives completely, properly, strongly and nicely; and live the same ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. Simultaneously, they can become worthy assets of their families, good members of the societies and ideal citizens of the nations.

In this connection, they need to acquire knowledge on all the above matters through what is called **"Life-building, Character-building and Man-making Education"**, which is the "Real Education", in their schools, colleges and universities. **This is the "Burning Need of the Hour of our Modern Students"**.

Teachers and "Right Orientation on Teaching Profession"

Further, Teaching is said to be a "Noble Profession". It is a "Man-Making Profession". And Teachers are the "Makers of the Students", who are the "Makers of the Nations". Therefore, our revered Teachers need to be provided with **"Right Orientation on Teaching Profession"** so that, thereafter, they can impart teachings to their students with right understanding, and with more efficiency and more effectiveness; and on "Life-building, Character-building and Man-making Education".

Contd. at back inner page

Souvenir

Golden Student Life

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The Divine Life Society,
Bolangir Branch, Odisha, India

Souvenir : Golden Student Life

Editor : Shri Raghunath Babu

Publisher: The Divine Life Society,
Bolangir Branch, Bolangir, Odisha, India.

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First Edition - 19.11.2023, 1000 copies

This Souvenir is meant for free distribution amongst our (i) dear Students and our (ii) revered Teachers, with a humble prayer to them to kindly study this souvenir and utilise the teachings contained therein sincerely and meticulously in their day-to-day lives for deriving immense benefits in their personal lives.

Since this Souvenir, printed in limited number, will be distributed amongst limited number of Students and Teachers, they are also most humbly requested to kindly bring this Souvenir to the knowledge of (i) all our other dear Students and also (ii) all our revered Teachers with a view that they can also study the soft copy of this Souvenir in the Internet Archive and derive similar immense benefits for themselves.

Soft copy of this Souvenir

The soft copy of this Souvenir can be studied, free of cost, in the Internet Archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the Souvenir in PDF format will be displayed.

Video Recording of this Special Sivananda Literature Festival for Students and Teachers

Students and Teachers can watch the video recording of the Celebration of this Special "**Sivananda Literature Festival for Students and Teachers**" on the subject of "Life-building, Character-building and Man-making Education" for students and on "Orientation of Teachers on Teaching Profession" for Teachers (i) in the **Internet Archive** by accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the video recording of various episodes of the said Festival, beginning with the abbreviation "SLF", will be displayed; (ii) in the **YouTube Channel with the name <Life Building Science>**, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also (iii) in the **YouTube Channel with the name <Mohan's Value Education>**, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ); and thereby, they can derive great benefits of this Festival for themselves.

About the cover page of this Souvenir

The cover page of this souvenir has been designed keeping in view the subject matter of this book. It has five lotus buds and four lotus flowers growing up in a water pond. The background picture has been taken from the beautiful live scenery of the holy river Ganga and the holy mountain Himalayas as viewed from the bottom place of the Divine Life Society, Rishikesh, India. The rising sun has been inserted in that picture.

The four lotus buds represent four foundation pillars of human life, viz. good physical health, powerful mind, noble character and ethical conduct.

The four lotus flowers symbolise four grand goals of ideal human life according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, viz. achievement of economic prosperity, fulfillment of vital world desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths.

The fifth lotus bud at the centre stands for celibacy which contributes a great deal towards laying of human life's four foundation pillars strongly; and achievement of four grand goals of ideal human life successfully; and which is the basis of successful human life, both secular and spiritual.

The rising Sun, the *Jnana-Surya*, radiating its rays on all directions, symbolises dissemination of knowledge and wisdom all around. The flowing holy river *Ganga*, the *Jnana-Ganga*, represents pouring of knowledge and wisdom down the land from the holy Himalayan place of *Tapasya* and *Jnana* of our *Rishis*, *Munis*, Saints and Sages all over our country *Bharatavarsha* and all over the world.

PART - A

INTRODUCTORY

**The Divine Life Society, Bolangir Branch,
Sivananda Ashram, Bhagavati Nagar,
PO/Dist: Bolangir, PIN - 767001 (Odisha)**

From the President's Pen

Bolangir

Dt: 08.11.2023

The Divine Life Society, Bolangir Branch, Odisha, India is celebrating on the 19th November 2023 one Special "Sivananda Literature Festival for Students and Teachers" on the subject of "Life-building, Character-building and Man-making Education" for Students and on "Orientation of Teachers on Teaching Profession" for Teachers, for immense benefits of our dear students and our revered Teachers. During this Festival, addresses by Speakers and Guests, as well as exhibition of books written by His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Headquarters, Rishikesh, India on the said subjects are being arranged.

On this auspicious occasion and in commemoration of this novel Festival, we are bringing out and publishing, with great pleasure, this souvenir, with the title "Golden Student Life". This souvenir contains very valuable learning materials and write-ups on these two subjects, for study by our dear students and our revered Teachers, for their great benefits.

We firmly believe and greatly hope that this souvenir will be very much beneficial to our dear students and our revered Teachers. Therefore, we earnestly and fervently request them to kindly make the best use of the same.



President

Editor's Note

Student Life and Youth Period is said to be the "Golden Period" of Precious Human Life. During this golden period, students need to decide the right goals of their precious lives; lay the foundation of their lives properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and construct the superstructure of their lives completely, properly, strongly and nicely with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul, which are the four great goals of ideal human life according to our great and glorious Indian Culture or *Bharatiya Sanskruti*. Thereby, they can build their precious human lives rightly and live the same ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. Simultaneously, they can become worthy assets of their families, good members of the societies and ideal citizens of the nations.

In this connection, they need to acquire knowledge on all the above matters through what is called "**Life-building, Character-building and Man-making Education**", which is the "**Real Education**", in their schools, colleges and universities. **This is the burning need of the hour of our dear students.**

After learning the same, they need to practise the knowledge so acquired in their daily lives meticulously and sincerely so that they can be able to build their precious lives rightly and live the same ideally and successfully as stated above.

Further, Teaching is said to be a "Noble Profession". It is a "Man-Making Profession". And Teachers are the "Makers

of the Students", who are the "Makers of the Nations". Therefore, our revered Teachers need to be provided with **"Right Orientation on Teaching Profession"** so that, thereafter, they can be able to impart teachings to their students with right understanding, and with more efficiency and more effectiveness, and "Make" the lives of their students as ideal. Consequently, their students will derive immense benefits; and **simultaneously, our Teachers themselves will derive great benefits in their personal lives.** Also, our families, our societies and our nations will derive great benefits. **This is the burning need of the hour of our revered Teachers.**

In this connection, the world-renowned Sivananda Literature can adequately meet the above needs of our modern students and our revered Teachers. Therefore, one Special "Sivananda Literature Festival for Students and Teachers", with addresses delivered by Speakers and Guests; and exhibition of books written by His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Headquarters, Rishikesh, on various topics of the subject of "Life-building, Character-building and Man-making Education" and on "Orientation of Teachers on Teaching Profession", is being celebrated on the 19th November 2023 by the Divine Life Society, Bolangir Branch, Odisha, India for immense benefits of our dear students and our revered Teachers.

On this auspicious occasion and in commemoration of this novel Festival, this souvenir titled "Golden Student Life", containing very valuable learning materials and write-ups on these two subjects, is being brought out, for study by and great benefits of our dear students and our revered Teachers.

One booklet, published by the Divine Life Society Headquarters, Rishikesh, India on the auspicious occasion of celebration of the Sivananda Literature Festival on July 20, 1959 throughout the whole world, titled "Students, Spiritual Literature

and Sivananda", which contains a record of the questions on Spiritual Literature asked by one modern student named Shri Venu and the answers given by His Holiness Shri Swami Chidananda Saraswati, has been reproduced in this souvenir, for study and benefits of our dear students.

The Message of His Holiness Sri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society given in 1959 on the eve of the first Sivananda Literature Festival celebrated at Patiala in Punjab; as well as the Messages received from the Saints of the Divine Life Society and other Dignitaries on the occasion of this Special Sivananda Literature Festival, have been included in this souvenir for benefits of our dear students and our revered Teachers.

Further, the agenda of and the addresses delivered by the Speakers and Guests during this Special "Sivananda Literature Festival for Students and Teachers" on the subject of "Life-building, Character-building and Man-making Education", "The Real Education", for our Students; and on "Orientation of Teachers on Teaching Profession" for our Teachers, celebrated by the Divine Life Society, Bolangir Branch, Bolangir, Odisha on the 19th November 2023, have also been incorporated in this souvenir, in a separate part titled "Agenda of and Addresses delivered by the Speakers and Guests during the Special Sivananda Literature Festival for Students and Teachers", with the view that all those students and Teachers, other than the participants in the said Festival, who will study this souvenir can also have the opportunity to go through those addresses and derive similar benefits for themselves.

(The above agenda and the addresses delivered by the Speakers and Guests can also serve as a "Model Sivananda Literature Festival for Students and Teachers" and can be considered to be utilised by those who will celebrate such Festival.)

Thus, humble efforts have been made to enrich this souvenir as much as possible by incorporating very valuable learning materials for our dear students and our revered Teachers with a view that they will study the same, practise the knowledge contained therein and derive great benefits in their lives.



Bolangir, Dt: 08.11.2023

(Raghunath Babu)

Message of His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Rishikesh, given in 1959 on the eve of the Sivananda Literature Festival celebrated at Patiala.

(Long ago in the year 1959, one modern student named Sri Venu, with the guidance of his father Sri S.K. Gupta, celebrated Sivananda Literature Festival at Patiala in Punjab. On the eve of the same, His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Headquarters, Rishikesh, had blessed the said Festival with His "Message". That "Message" is highly enlightening and greatly inspiring; and is equally relevant to each such Festival. Therefore, that "Message" is reproduced hereunder, for benefits of our dear Students and our revered Teachers.)

“BE THOU A RADIANT TORCH-BEARER”

Children of Immortal Light !

Om Tat Sat. Sat Shiri Akal. All glory to the Supreme Paramatman, who is the Light of this universe, the inner Light that shines in your heart and the great Light Atmajnana that illumines the Jiva and bestows to it freedom and Immortality. It is with immense joy that I send this holy message upon the happy occasion of this festival that you are all celebrating to honour and glorify spiritual literature. I rejoice to be in your midst in spirit and take part in this holy Utsav. The spiritual and Dharmic literature of every country and race is its most treasured and greatest wealth. The beloved culture and civilisation of each country is based upon the noble ideals expounded to it in its scriptures and its spiritual literature. This literature therefore forms the most important heritage of the country. The life of the people gets its strength and inspiration from this fountain

Be good. Do good. — Swami Sivananda

source of its culture. Without such spiritual literature, darkness will prevail on the earth. Dharma and spiritual books are like God's own light in this world of man.

Spiritual books show the path of light. They guide you along the way of righteousness and Dharma. They lead you to happiness, peace, true prosperity and success. They are a treasure-house of invaluable teachings that bring about supreme blessedness and joy in your life. They contain words of power that lift you to noble heights and transform your lives. They inspire you to help you to overcome weakness and evil, and fill your life with virtue and goodness. They make you an ideal person full of goodness, purity, truth, faith, devotion and paropakara. They contain spiritual force and Divine power. They are God's boon to humanity. They are the greatest need of today when the world is suffering due to its going to wrong path and neglect of faith, devotion and worship.

This Festival which glorifies and honours such holy literature and spiritual books serves an important and significant purpose. It draws the attention of all people to this treasure that they have within easy reach. It introduces them to their real friend-in-need and companion in life who will always guide them from day to day giving strength and consolation and light. It also effectively awakens them to the rich heritage that they possess and the great and lofty use they can make of it and attain true peace, happiness and success in life. A festival like this is therefore a rare blessing and a unique good fortune to all citizens of the place. It brings a new light and a new uplifting and ennobling power into their lives.

Young Sri Venu is heralding a new dawn in the city of Patiala and causing a unique awakening through this literature Festival. Venu is a worthy son of a most worthy father. Sri S.K. Guptaji is an ideal Grihastha-Sadhaka and "like father like son" is proved true in regard to Venu who is a philanthropist and

saint in the making. He is keenly interested in leading an ideal student-life and in spreading the sublime Gospel of Divine Life and Ideal Sadachara amongst all the student-world. This is a noble attitude indeed. May God bless him with all progress, prosperity and success ! He has the inspiring example, practical guidance and the blessings of his noble father.

Blessed Children of Divinity! Beloved citizens of Patiala, arise and awake unto this new spiritual dawn ! Behold the sun of DIVINE LIFE upon the joyous horizon. March rejoicingly upon the path of Yoga and Vedanta which leads to infinite happiness. Embrace spirituality. Practise Purity. Develop nobility. Do Charity. And attain Divinity. Draw inspiration from the saints and sages by regular daily study of their spiritual books. Read spiritual literature systematically without fail just as you take food daily. Such reading and daily study will prove to be your most profitable occupation. It will enrich your lives here with peace, poise and joy. It will bestow the highest Wealth of all wealths by conferring upon you divine realization !

May Peace and Bliss be unto you all !

1959

Sivananda

**Messages and Blessings of Saints and
Dignitaries received on the occasion of
Celebration of this Special Sivananda
Literature Festival for Students and Teachers
being organised on the 19th November 2023**



THE DIVINE LIFE SOCIETY (REGD.)

(ESTABLISHED: 1936)

Propagates Yoga and Vedanta and the Ethical and Spiritual Culture of
India. Promotes Universal Love, the Unity of Religions, the Ideal
of Brotherhood, and the Spirit of Service among Mankind.

(**Founder: H.H. SRI SWAMI SIVANANDA**)

P.O. SHIVANANDANAGAR-249192, DISTT. TEHRI-GARHWAL, UTTARAKHAND, HIMALAYAS, INDIA

Phone: (0135) 2430040, (0135) 2431190, Rty. Sm.: RISHIKESI

website: www.sivanandaonline.org E-mail: generalsecretary@sivanandaonline.org

Ref. No. PR/

October 19, 2023

To

The President,
The Divine Life Society Branch,
Sivananda Ashram,
At:- Bhagavati Nagar,
PO/Dt: BOLANGIR,
Odisha- 767001.

Radiant Immortal Atman,
Om Namō Narayanaya!
Om Namō Bhagavate Sivanandaya!
Om Namō Bhagavate Chidanandaya!

It is a great news from The Divine Life Society, Bolangir Branch, about the "Sivananda Literature Festival for Students and Teachers", scheduled to be held on 19th November 2023. It is the need of the day and we appreciate the organizers of the festival for recognizing its need and acting upon with well thought of plan and programme.

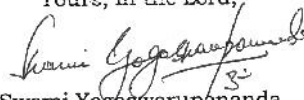
Be good. Do good. — Swami Sivananda

Worshipful Gurudev Sri Swami Sivanandaji Maharaj visualized the future of humanity and gave us every thing in abundance, to enrich the growth of every citizen physically, mentally, psychically and Spiritually. It is our first and foremost duty to make Gurudev's life saving teachings and messages available to everyone in the nooks and corners of the globe. By the will of Gurudev, we are sure the day is not far where people will be eagerly seeking his teachings for their own emancipation. The Sivananda literature has the power to pull everyone towards it with its inherent power and simplicity. One may even wonder while reading such soul stirring teachings, "Oh, this master is not an ordinary teacher, but a messiah sent by God to the earth, to awaken everyone!"

Look at the simple "Universal Prayer" of Gurudev. It is the essence of Upanishads, Bhagavad Gita and all other scriptures put together. If any one repeatedly reads it with earnestness and genuine aspiration, he will feel something melting in the heart and flowing out through his eyes. Such power, Grace and Blessings are packed in that Prayer. Gurudev has not gone anywhere, is very much here, in the midst of all of us within and without, day and night working and inspiring all of us to give us what Gurudev himself has realized and attained.

We pray to Lord Almighty and Worshipful Gurudev to make the festival a grand success reaching out to a large number of people, sharing the wisdom and teachings of Gurudev and H.H. Sri Swami Chidanandaji Maharaj to one and all.

God Bless all the organizers, participants, well-wishers, devotees and all their family members, as well.

Yours, in the Lord,

Swami Yogaswarupananda
President.



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website: www.sivanandaonline.org E-mail: generalsecretary@sivanandaonline.org

Ref: G.S/

18 October 2023

To

The President
The Divine Life Society Branch
Bolangir
Odisha

Blessed Self!

Om Namo Narayanaya!

Om Namo Bhagavate Sivanandaya! Loving Pranams.

I am happy to know that The Divine Life Society, Bolangir Branch, is organizing a "Sivananda Literature Festival for Students and Teachers" on 19th November 2023 at Bolangir.

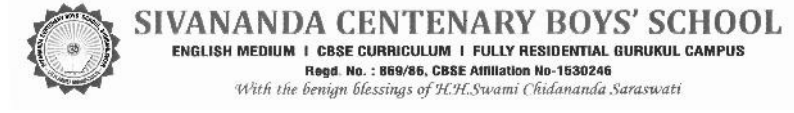
Worshipful Gurudev Sri Swami Sivanandaji Maharaj insists that values have to be instilled in the mind of children at the tender age so that when they grow they will become good human beings. Your efforts to spread the message of Gurudev among the students and teachers is a great service not only to Gurudev but to the whole Nation.

I pray to God and Gurudev to bless you and all the organizers of this programme.

With warm regards,
Yours in the Lord,

Swami Padmanabhananda
General Secretary

Be good. Do good. — Swami Sivananda



To,
The President,
The Divine Life Society,
Sivananda Ashram, Bhagabati Nagar,
PO/Dist: Bolangir - 767 001, Odisha.

Dt: 10.10.2023

MESSAGE

Revered Self, salutations and adorations.

Your kind letter of the 08th September 2023 is received.

It gives me immense joy to learn that the Divine Life Society, Bolangir Branch, Odisha is celebrating a Special Sivananda Literature Festival for Students and Teachers on the two most important and greatly needed subjects of "Life-building, Character-building and Man-making Education", and "Teachers' Orientation on Teaching Profession", with a view to disseminating the teachings of our Most Worshipful Sadgurudev Shri Swami Sivananda ji Maharaj amongst the modern Students and Teachers, for their immense benefits; and is bringing out a commemorative Souvenir on this auspicious occasion.

The world-renowned, immortal Sivananda Literature is a unique "God-sent Boon" and "Divine Blessing" upon the entire modern mankind, including the modern students and modern teachers, of the whole world. Millions of modern men, as well as the modern students and modern teachers, across the world have studied Sivananda Literature and derived immense benefits in their lives, both material and spiritual. Therefore, celebration of this kind of Special Sivananda Literature Festival is really a "Divine Blessing" upon the modern students and modern teachers.

Be good. Do good. — Swami Sivananda

I can emphatically say, out of my long 40 years of close association with students and teachers, that in the present scenario, knowing about Sivananda Literature during the ensuing Special Sivananda Literature Festival for Students and Teachers, and studying the teachings contained therein will definitely herald a new dawn; and create new awareness and new knowledge amongst the modern students and teachers; and guide them in the right path of human life for living an ideal and successful life, both secular as well as spiritual. And, I firmly believe, by practising the teachings contained in Sivananda Literature in their daily lives, the modern students and teachers will definitely derive immense benefits in their personal lives. Simultaneously, the society and the nation will derive great benefits. Hence, our modern students and teachers should take full benefit from this Festival.

It is a novel, pioneering and exemplary *Jnana Yajna*, the greatest amongst all types of *Yajnas*, initiated by the Divine Life Society, Bolangir Branch, Odisha, worthy of emulation by others, with a view to disseminating Sivananda Literature amongst our modern students and teachers. This, indeed, is simultaneously a unique and great *Guru-seva*, *Student-seva*, *Teacher-seva* and *Nation-seva*.

May this Special Sivananda Literature Festival for Students and Teachers be a grand celebration with great success ! May the participating modern students and teachers benefit immensely from this Festival ! May the great benefits of this Festival spread plentifully and swiftly, far and wide, all over the world, for similar benefits of all other modern students and teachers !

May the abundant blessings and grace of the Almighty Supreme Lord and Most Worshipful Sadgurudev Shri Swami Sivananda ji Maharaj be ever upon the organisers of this Festival;

May That Supreme Being impel our intellect towards the right path 21

as well as the entire student and teacher communities all over the world !

In the service of Shri Gurudev

Swami Sivachidananda
(Swami Sivachidananda Saraswati)
Former Secretary

Be good. Do good. — Swami Sivananda

MESSAGE

ॐ

Om Namō Bhagavate Sivanandaya.

Om Namō Bhagavate Chidanandaya.

It gives me great pleasure to know that a one-day spiritual meet — Sivananda Literature Festival for Students and Teachers — is being organised at the Sivananda Ashram, Bolangir, on 19.11.2023. The Festival is designed to bring home to the participants the cardinal importance of counsels offered by saints like Swami Sivananda on proper development of the human spirit and personality through holistic education.

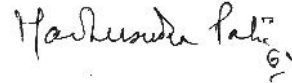
Swami Sivananda Saraswati presents in his book "Religious Education" a comprehensive, insightful body of recommendations, both spiritual and scientific in approach, highlighting what religion and education essentially mean and aim at. The book cogently expounds the essence of traditional and modern thoughts on what constitutes proper education. Sivanandaji Maharaj talks of, among other things, how best an educational system could be devised to help nation-building, social regeneration and individual fulfillment. He pleads for both science and spirituality to be intelligently harnessed in actualising the spirit and objective of education. He draws into the orbit of his discourses psychology, sociology, ethics, aesthetics and non-insular religion to formulate a proper approach to education.

I hope participants at the Festival would profit from the event and take home an impulse to make practical, creative use of the guidance received here, thereby enriching their own lives as also those of others.

ॐ भद्रं कर्णेभिः शृणुयाम देवा । ॐ भद्रं पश्येमाक्षभिर्यजत्राः ।

ॐ शान्तिः शान्तिः शान्तिः ।

Bolangir
Dt. 08.11.2023


(Madhusudan Pati)

Be good. Do good. — Swami Sivananda



IDM PUBLIC SCHOOL, BAGBHADI, BALANGIR

C.B.S.E AFFILIATION NO.-1530201, SCHOOL CODE-15387

The President,
The Divine Life Society,
Balangir Branch,
Balangir.

Bolangir
Dt. 05.11.2023

Sir,

"Message"

I have received your letter dt. 31.10.2023 and gone through its contents.

Keeping in view the extant study curriculum in the educational institutions of our country which is based on western system of education; and the present state of our modern students, I very sincerely feel that they acutely need character-building, life-building and man-making education on the pattern of our ancient education system based on our lofty, great and glorious ancient Indian culture. Such education is regarded as the "Real Education".

In the contemporary scenario, our modern teachers also greatly need to be provided with right orientation on different aspects of teaching profession, and more particularly on its nobility, responsibility, attitudinal and ethical aspects.

In this context, the well-conceived Special "Sivananda Literature Festival for Students and Teachers" on "Life-building, Character-building and Man-making Education" for Students and on "Orientation of Teachers on Teaching Profession" for Teachers, going to be celebrated by the Divine Life Society, Bolangir Branch on the 19th November 2023, is uniquely pioneering, highly praise-worthy and is a very good beginning in these two directions. This festival should best serve the noble

Be good. Do good. — Swami Sivananda

purposes for which it is being celebrated.

Educational institutions of our country also, and more particularly, high schools, should consider to organise at their ends such festivals on the above two subjects for great benefits of their students and teachers.

I wish this festival a grand success. I also wish the souvenir to be brought out on this occasion widest circulation amongst the student and the teacher communities.

Students and teachers may kindly take great benefits from this festival and the souvenir.

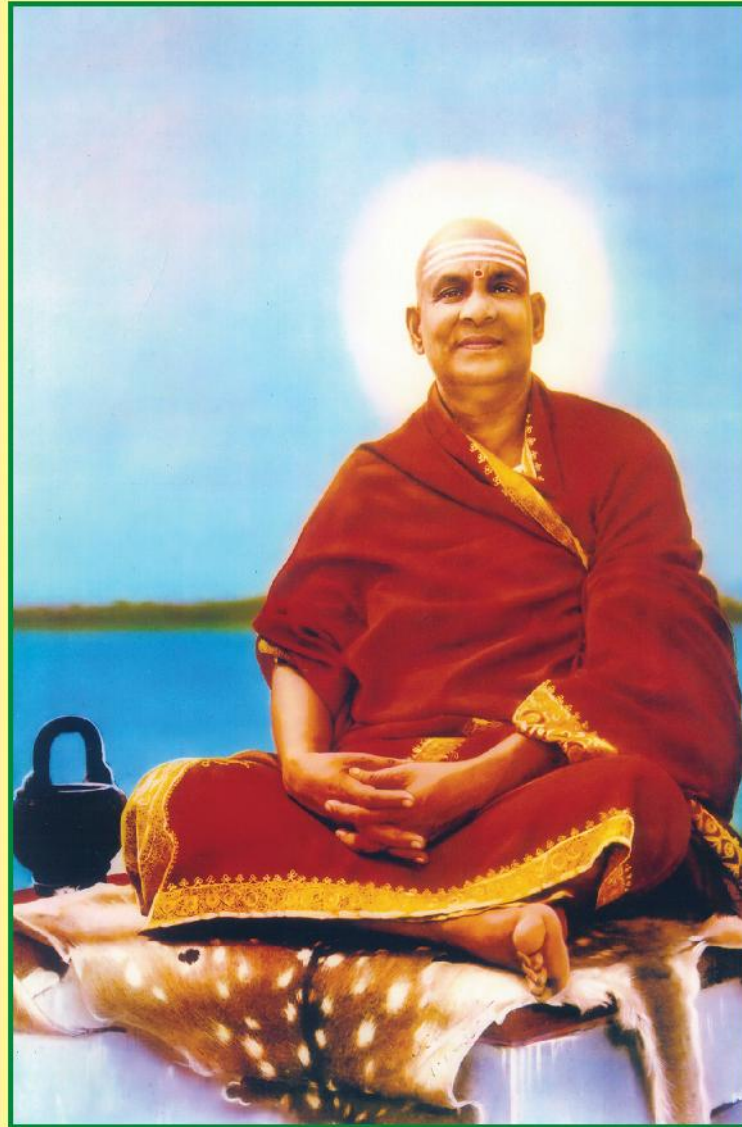
With regards,

Sincerely,

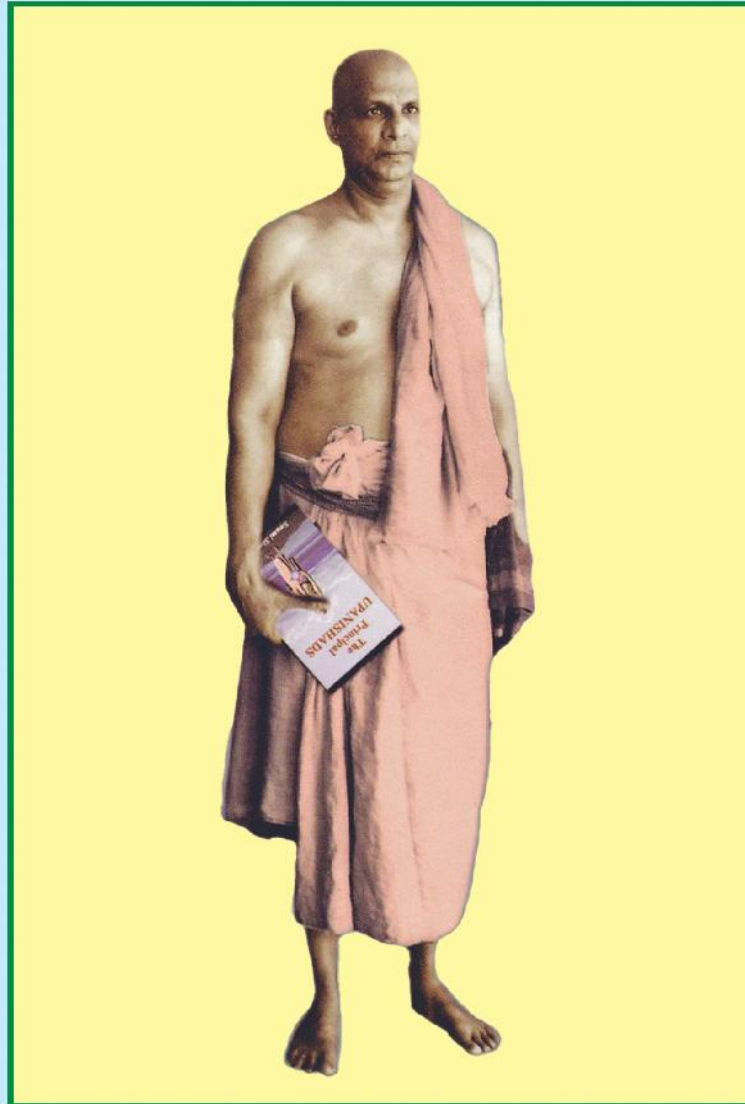


(Sarat Chandra Dixit)

Founding Director



H.H. Shri Swami Sivananda Saraswati,
The Founder-President, The Divine Life Society, Rishikesh



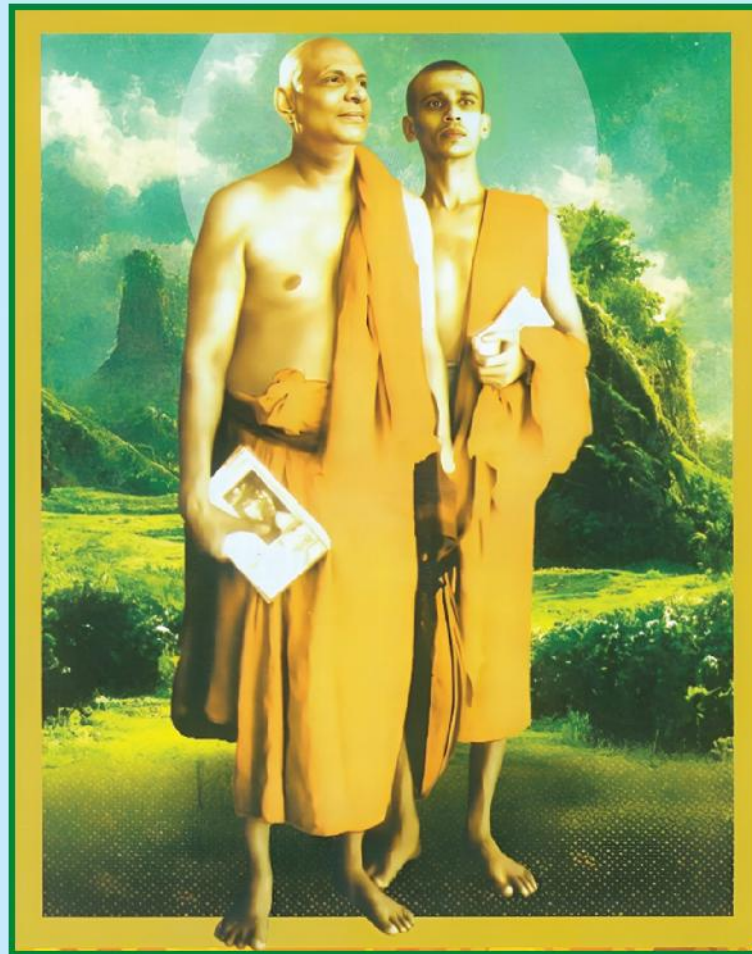
H.H. Sri Swami Sivananda Saraswati, the Founder-President,
The Divine Life Society, Rishikesh, the illustrious Author of
more than 300 books



H.H. S
The Founder-Pr
the illustrious Author



H.H. Shri Swami Sivananda Saraswati,
The Founder-President, The Divine Life Society, Rishikesh,
the illustrious Author of more than 300 books, distributing His Books



H.H. Shri Swami Sivananda Saraswati, the Spiritual Master distributing His Books; and H.H. Shri Swami Chidananda Saraswati, His prominent Disciple and Successor who preached His Spiritual Master's teachings all over the world for about long 60 years

PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।

चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

Be good. Do good. — Swami Sivananda

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ।।

May asuspiciousness be unto all,
May peace be unto all,
May fullness be unto all,
May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ।।

May all be happy,
May all be free from disabilities,
May all behold what is auspiciousness,
May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ।।

Om ! That (Brahman) is full. This (Universe) is Full.
From That (Brahman) Full, this (Universe) Full has come.
When this (Universe) full is taken from That (Brahman) full,
It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !
Peace be to the North ! Peace be to the South !
Peace be above ! Peace be below !
Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Be good. Do good. — Swami Sivananda

Golden Student Life

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PART - B
STUDENTS' SECTION

Goal of Human Life

H.H. Shri Swami Sivachidananda Saraswati

(Author's Note: During one 04 Days Student Awareness Programme on "Value Education for Life Building and Successful Living" organised at IDM Public School, Bolangir, Odisha, India during November 2019 for guidance of their students, Shri Swami Sivachidananda Saraswati belonging to the Divine Life Society, Rishikesh, India and the Secretary, Sivananda Centenary Boys High School, Bhubaneswar, Odisha, India delivered the inaugural address to the participating students on the topic "The Goal of Human Life".

The said inaugural address of Shri Swamiji is highly enlightening and greatly inspiring. The said address is considered extremely valuable and profoundly beneficial for our modern students. Therefore, the said inaugural address has been collected and reproduced below, with the kind consent of Shri Swamiji, for study, guidance and benefits of our modern students all over.

I most earnestly and fervently pray to our modern students to kindly study the said inaugural address carefully and meticulously, with due earnestness and great interest, and utilise the same for their great personal benefit.)

The above inaugural address of Shri Swamiji is reproduced as under:-

Goal of Human Life

Universal Prayer

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,

Be good. Do good. — Swami Sivananda

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

So on completion of education and taking up some profession, vocation, occupation or business or agriculture, students get married and enter into household life. They earn money and meet their day-to-day basic necessities of life such as food, clothing, house, medicines in order to ensure their physical earthly existence. They also get their children admitted in reputed schools, colleges and universities for best quality education, arrange for their marriages with good candidates in socially renowned and economically wealthy families. They make vigorous efforts to earn more and more

money and acquire more and more material assets such as land, bungalow, motor cars, gold ornaments, modern household gadgets, electronic equipments like television, freeze, air conditioner, washing machine, etc. and intend to live a luxurious life. They also go on trying to fulfill their multiple numbers of ever-increasing worldly desires. This is their worldly goal of life. This is known as the secular goal of life.

By achievement of such secular goal, they want to get happiness and peace in life. But human experience since inception of existence shows that such comforts, luxuries, worldly happiness and sensual pleasures do not give lasting happiness and eternal peace in life. While worldly happiness does not last long, it ultimately brings sorrows and sufferings only in life. The hope to get peace remains as a hope only. This is one phenomenon.

Another phenomenon is that all human beings, knowingly or unknowingly, always seek happiness that will last permanently and peace that will be eternal in human life upon this earth plane. But they do not know where to and how to get the same and therefore, they continue to suffer life-long. In this way, they go on earning, eating, enjoying, sleeping and suffering, and one day, they leave this earth plane in utter unhappiness and peacelessness. Thus, they live their precious human life in vain. This has been the phenomenon in human life from the very beginning of human existence; and more so, in the modern times.

But, is there not a higher goal of human life than this secular goal ? Is there not a nobler goal worthy of being achieved by all human beings ? In this connection, a song which is frequently sung by my Spiritual Master His Holiness Shri Swami Sivananda Saraswai, the great, illustrious, world-renowned Saint and the Founder-President of The International Divine Life Society, Rishikesh, India, comes

to my mind. He sings:-

"Is there not a nobler mission than eating,
 drinking and sleeping ?
 It is difficult to get a human birth,
 therefore try to realise this in this birth.
 Time sweeps away Kings and Barons,
 where is Judhisthira?
 Where is Ashoka? Where is Nepolean ?
 Where is Hitler ?
 Where is Kalidas, Where is Shakespear ?
 When your throat is choked at the time of death,
 who will help you for your salvation ?
 Be up and doing in yogic sadhana,
 you will attain eternal peace, infinite bliss.
 Be up and doing in *Brahma vichara*,
 you will attain immortality."

Our ancient Indian Culture or *Bharatiya Sanskruti* envisages and provides for attainment of a higher goal of human life, a noble goal, a lofty goal, a worthy goal, a great goal of human life. According to our *Bharatiya Sanskruti*, human life is not meant for mere earning, eating, enjoying, sleeping and suffering and one day, leaving this earth plane in futile. Rather, as our Holy ancient Spiritual Scriptures and our Great Saints and Sages say time and again, human life upon this earth plane is meant for achievement of the higher goal of life. That higher goal is to get liberation of one's individual soul from the bondage of the physical human body and from the cycle of births and deaths once for all. This is called *Moksha* or God-realisation. This is also called attainment of immortality. My Spiritual Master His Holiness Shri Swami Sivananda Saraswai emphatically says time and again that "The Goal of life is God-realisation", and that "Attain this in this present birth itself". This higher goal is

Be good. Do good. — Swami Sivananda

called Spiritual Goal of Human Life. This is the True Goal of Human Life. Achievement of this higher goal of life results in attainment of permanent happiness and eternal peace which every human being seeks to. Accomplishment of this higher goal also results in permanent cessation of sorrows and sufferings in human life. This higher goal of human life ought to be achieved by all human beings in their own interest and for their highest welfare and supreme good.

However, our ancient Indian Culture or *Bharatiya Sanskruti* does not rule out achievement of the worldly goal or secular goal of life, which is necessary for living a reasonably comfortable life upon this earth plane. The only thing which our ancient Indian Culture or *Bharatiya Sanskruti* prescribes is that Spiritual Goal is the primary goal of human life and Secular Goal is the secondary goal only. Therefore, human beings, while achieving the secular goal, ought to simultaneously achieve the spiritual goal. They ought to give topmost priority to achievement of the Spiritual Goal rather than the Secular Goal. Thereby, they can live both an economically prosperous life as well as a spiritually happy and peaceful life upon this earth plane. Thus, they can live their precious human life successfully and ideally.

Blessed students ! Please understand this point well, think over the same calmly, carefully and deeply, and then decide your goals of life accordingly.

I invoke the Choicest Blessings of the Almighty Supreme Lord and all *Rishis, Munis*, Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs upon you to enable you to decide your goals of life rightly and achieve the same successfully.

God bless you all !

(Reproduced from the Book "Value Education for Life Building and Successful Living")

Quotes from our Holy Spiritual Scriptures and Views of our Saints and Sages on Education

In this context, it is most worthwhile to note some sayings in our ancient Spiritual Scriptures, and some views of our *Rishis*, *Munis*, Saints and Sages on some aspects of education system of our country.

Sayings in our ancient Spiritual Scriptures

Mundaka Upanishad (1.1.4) divides *vidya* or knowledge into two types, viz. *para vidya* and *apara vidya* (द्वे बिन्द्वे वेदितव्य परा चैवापरा च (मुण्डकोपनिषद् - १.१.४)).

Para vidya means Knowledge of the Self or *Atma Vidya*. It is Science of the Self or *Atma*. It imparts knowledge regarding liberation of the individual Soul or *Atman* from the cycle of births and deaths and its union or merger with the Supreme Soul or the *Paramatma* or the *Brahma*. This *vidya* or knowledge is also called *Brahma Vidya* as it relates to attainment of the *Brahma*, the Supreme Soul, by the individual Soul. *Para vidya* gives spiritual freedom. It results in "Happy and Peaceful Living". *Para vidya* relates to the spiritual aspect of human life and is called Spiritual education or *Aadhyatma vidya*. *Para vidya* is called the higher *vidya*. It is the Supreme knowledge.

Apara vidya imparts knowledge regarding earning of money and achievement of material prosperity and fulfillment of vital worldly desires. It gives economic freedom. It leads to "Material Prosperity" and results in "Comfortable Worldly Living". It relates to the secular aspect of human life and is called Secular education. *Apara vidya* is called the lesser *vidya*. It is the Ordinary knowledge.

Para vidya or Spiritual education and *Apara vidya* or Secular education are complementary as both are necessary for living a complete, prosperous, purposeful, happy, peaceful

successful and ideal human life. And both spiritual education and secular education, combined together, constitute the "Right Education".

Vishnu Purana (1.19.41) says: "सा विद्या या विमुक्तये" (श्री विष्णु पुराण, १.१९.४१) — "Knowledge is that which liberates". It means "That *vidya* or knowledge which liberates the learner is true *vidya* or true knowledge". This true *vidya* or true knowledge means *aadhyatma vidya* or spiritual knowledge and it teaches the learner how to get liberation of his individual soul from the cycle of births and deaths. It relates to the spiritual aspect of human life and is called Spiritual education.

In the *Bhagavad Gita*, (Chapter - 10, verse - 32), *Lord Krishna* says : "Among the sciences I am the Science of the Self" ("अध्यात्मविद्या विद्यानां") — (श्रीमद् भगवद् गीता, अध्याय - १०, श्लोक - ३२). It means that *Adhyatma Vidya* or the Science of the Self is supreme amongst all types of sciences. It relates to the spiritual aspect of human life and is called Spiritual science or Spiritual education.

Views of the world famous Saint Swami Vivekananda, the world famous Politician and Statesman as well as a Mahatma, the Father of our Nation Mahatma Gandhi and the world famous Saint Swami Sivananda

Views on Education

About "Education" Swami Vivekananda says that:-

"Education is the manifestation of the perfection already in man."

"Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making

assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library. ... If education is identical with information, the libraries are the greatest sages in the world, and encyclopaedias are the rishis."

About "Education" Mahatma Gandhi says that:-

"By education I mean an all-round drawing out of the best in child and man -- body, mind and spirit."

".....Man is neither mere intellect, nor the gross animal body, nor the heart or soul alone. A proper and harmonious combination of all the three is required for the making of the whole man, and constitutes the true economics of education."

About "Education" Swami Sivananda says that:-

"Education is the manifestation of the divinity in man."

"Education is the training in the art of living."

"That education which makes you tread the path of truth and righteousness, which moulds your character, which helps you to attain freedom, perfection and knowledge of the Self and, at the same time, enables you to eke out an honest living, can be called true education."

Views on Spiritual Education

About "Spiritual Education"

Swami Vivekananda says that:-

"Religion is 'the manifestation of the divinity already in man'."

"Every improvement in India requires first of all an upheaval in religion. Before flooding the land with socialistic or political ideas, first deluge the land with spiritual ideas. If you attempt to get secular knowledge without religion, I tell you plainly, vain is your attempt in India; it will never have a hold on the people."

"We must have a hold on the spiritual and secular education of the nation. ... You must dream it, you must talk it, you must think it, and you must work it out. Till then there is no salvation for the race."

About "Spiritual Education"

Mahatma Gandhi says that:-

"If India is not to declare spiritual bankruptcy, religious instruction of its youth must be held to be at least as necessary as secular instruction."

"WITHOUT a national system of education, all our efforts must prove futile. Whenever we get Swaraj-raj -- to-day or after some time, it has to be remembered that it will not last long without national education."

About "Spiritual Education"

Swami Sivananda says that:-

"True education must teach not merely some means of earning livelihood, tenets of citizenship, etc., but it must develop moral and spiritual qualities of the student."

"Education must aim at forming a spiritual attitude towards life. Spirituality does not hinder material progress. It buttresses, in fact, material interests. The real advancement and well-being of every society and nation depend upon the right kind of educational basis."

"If an educational system is to be morally effective, it must rest on a spiritual foundation. If this is assured, then science and technology will best serve the interests of mankind. Lop-sided emphasis either on humanities or science alone will not serve the interests of the country. Science is not Godless. Science alone cannot ensure peace and harmony. Humanities alone cannot cure the ills of poverty or safeguard the freedom of the country. There should be a synthetic development of the both."

Golden Student Life and Burning Necessity of “Life-building, Character-building and Man-making Education”, the “Real Education”, for our Modern Students

Sri Mohan Lal Agrawal

Rare and Precious Human Life

Dear Friends ! Our ancient Spiritual Scriptures and our *Rishis, Munis*, Saints and Sages say that human birth upon this earth plane is "rare and precious". Why it is so? There are two reasons for the same.

The first reason is that, in this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into divinity, the state of their Creator Himself and get united or merged with the Creator for ever. This is known as *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-realisation or God-realisation. On attainment of liberation of the individual Soul, the process of evolution gets completed; and consequently, the individual Soul does not take further rebirth, attains everlasting happiness and eternal peace, which he seeks the most, knowingly or unknowingly. And with this, there is permanent cessation of worldly sorrows and sufferings

Be good. Do good. — Swami Sivananda

in his life. Therefore, human birth upon this earth plane is "precious".

The second reason is like this. As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, liberation of the individual Soul from the cycle of births and deaths is the higher purpose or the supreme purpose of human life. For achievement of the said higher purpose only, but not for the purpose of searching for food, eating, sleeping, procreating, enjoying, suffering, fearing and ultimately meeting with death, like animals, the Creator has gifted this human birth to human beings, that too, after they have taken their innumerable births in 84 lacs species of life, including the life of plants, trees, insects, birds and animals. Therefore, human birth upon this earth plane is "rare".

Thus, human birth upon this earth plane is a "rare and precious" gift of God to human beings.

Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages further say that human beings have great goals to achieve in order to live their rare and precious human life upon this earth plane successfully. What are those great goals?

True Goals of Rare and Precious Human Life

Human beings have great goals to achieve in order to live their rare and precious human life successfully, i.e. both prosperously as well as happily and peacefully. Generally, human beings decide the goals of their life during their student life and youth period so that, thereafter, they can build their life properly and strongly during their golden student life and youth period itself (which is the right period for building of human life); and then, they can live their long future life successfully, i.e. both prosperously as well as happily and peacefully.

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Generally, modern students decide the goal of their life by aspiring to become doctors, engineers, chartered accountants, management professionals, teachers, lawyers, administrative officers, businessmen, agriculturists, etc. This goal is the "Ordinary Goal" of human life. This goal is called the "Secular Goal" of human life. Achievement of secular goal enables human beings to make financial earning and acquire material prosperity, and with the help of the same, to meet their basic necessities of life and to fulfill their various worldly desires. Thereby, human beings live an economically prosperous and worldly happy life.

However, it has been the common experience of all human beings since the very inception of their existence upon the earth plane that achievement of secular goal does not give in their life true happiness and true peace, i.e. that happiness which lasts for ever, and that peace which is eternal.

Every human being, knowingly or unknowingly, seeks lasting happiness and eternal peace in his life. Therefore, our Great Men say that there is another goal, a higher goal of human life, according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. That higher goal is "Attainment of spiritual illumination for liberation of one's soul from the bondage of births and deaths". Achievement of that higher goal gives lasting happiness and eternal peace to human beings. That higher goal is called the "Spiritual Goal" of human life. This goal is the "True Goal" of the rare and precious human life.

Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that both the said goals are the "Right Goals" of human life; and that human beings need to achieve both these great goals so that they can live their rare and precious human life successfully, i.e. both prosperously as well as happily and peacefully.

Both the said great goals are the "True Goals" or the "Right Goals" of human life; and human beings need to achieve both these goals so that they can live their life successfully, i.e. both prosperously as well as happily and peacefully.

When the above two goals of human life are great, and when human beings need to achieve the same in order to live their rare and precious life successfully, i.e. both prosperously as well as happily and peacefully, there is a great necessity for them to build their rare and precious human life rightly, that too, at the right time of human life.

What is that right time of human life?

Golden Student Life and Youth Period

As stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, human life has four stages i.e. student life, household life, retired life and renounced life. Those stages of human life are stated in our ancient Spiritual Scriptures as *Brahmacharya Ashrama*, *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*.

Student life and youth period, known as *Brahmacharya Ashrama*, the first part of of, say, 20-25 years, is the "golden period" of precious human life. This period is meant and also is most suitable and the right period for building the rare and precious human life rightly. Because this period is the formative stage in the life of human beings. And during this period, human physique is generally found in a growing state; and human mind remains tender, lies in a highly impressionable state and is very receptive. Therefore, it is very easy for human beings to build their life rightly during this golden period of human life. Hence, students need to utilise this golden student life and youth period of their life most profitably and build their rare and precious life rightly.

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But, if students neglect to build their life rightly during such period, it will be extremely difficult for them to do so in their future life, because, at the later period of their life, they will be found in a hardened state and not easily amenable to changes. This can be illustrated with the simple analogy of a potter's work. A potter can give any shape to raw clay, mixed with water, to make various types of earthenware such as pots, cups, bowls, plates, glasses, toys, etc. He can also easily change the shape of one type of raw earthenware to another type, because at this stage the raw clay remains soft and therefore, it is amenable to any kind of change. But once the shaped raw earthenware is burnt in the fire, the same becomes hard and not amenable to change and thereafter, the potter can not change the shape of the burnt and hardened earthenware.

If students build their life "rightly" during their golden student life and youth period of, say, 25 years, they can live the remaining three periods of their household life, retired life and renounced life of, say, 75 years, ideally, successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. But if they do not do so, they are most likely to spend the remaining long period of their precious human life of, say, ideally, 75 years, with failures, sorrows, sufferings, miseries, unhappiness and peacelessness. And in the event of such a state of things, they will live their rare and precious human life in vain; and then they will have to lament and repent throughout their whole long life.

In view of the above, it is extremely important and vitally necessary for students to build their rare and precious human life rightly during their golden student life and youth period, the right period of their life.

In what manner can human beings build their rare and precious human life rightly ?

Right Manner of Building of Precious Human Life

Students need to build their precious human life "rightly" during this golden student life and youth period by, first, laying the "foundation" of their life properly and strongly with four foundation pillars. Those four foundation pillars are good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. This is like laying the foundation of a house building properly and strongly with four concrete foundation pillars. Students need to lay the foundation of their life properly and strongly, because, the quality of the foundation determines the quality of their future life.

Upon such a well-laid foundation, students need to build their life rightly by, secondly, constructing the "superstructure" of their precious human life completely, properly, strongly and nicely with achievement of four grand goals of ideal human life. Those four grand goals are achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness in their day-to-day activities and attainment of spiritual illumination for liberation of their individual Soul from the cycle of births and deaths, called Self-realisation or God-realisation.

Our ancient Spiritual Scriptures and our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* prescribe achievement of all those four grand goals by human beings so that living of our precious human life upon this earth plane becomes ideal, successful, integrated, complete, purposeful, prosperous, happy and peaceful. This is like constructing the superstructure of a house building completely, properly, strongly and nicely with four facilities of bath room, kitchen, bed room and *puja* or prayer room so that living therein becomes smooth, comfortable, happy and peaceful.

Our students need to be imparted teachings on "Life Building and Successful Living" through "Life-building, Character-building and Man-making Education", the "Real Education".

Ancient Education and Ancient Students

“Life-building, Character-building and Man-making Education” was imparted to the students in the *Gurukulas* and *Rishikulas* in ancient India. As a result, our ancient students could know the right goals and the right path of their life. They were proceeding in that path and were able to build their life rightly by laying the foundation of their life properly and strongly with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and by constructing the superstructure of their life with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of the Soul, which are the four great goals of ideal human life as stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*. Thereby, they were living their rare and precious human life upon this earth plane ideally, successfully, integratedly, completely, purposefully, prosperously, happily and peacefully.

Modern Education and Modern Students

Our modern schools, colleges and universities teach our students secular education only, but there is no provision for imparting of “Life-building, Character-building and Man-making Education” to them. Therefore, our modern students are deprived of the same and are not able to know the right goals and the right path of their precious human life. Consequently, they are proceeding in darkness and are unable to build their life rightly, i.e. they are unable to lay the foundation of their life properly and strongly with good physical health,

powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and unable to construct the superstructure of their life with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of the Soul, the four great goals of ideal human life as stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*. Thereby, they are unable to live their long precious future life successfully in the aforesaid manner. Consequently, they are suffering from irreparable damages and incurring permanent losses in their lives. Therefore, they need "Life-building, Character-building and Man-making Education", the "Real Education", also most intensely, urgently and immediately. This is the **"Greatest Need of the Hour of our Modern Students"**.

“Life-building, Character-building and Man-making Education”

“Real Education” is “Life-building, Character-building and Man-making Education”, because it imparts teachings to students on:-

(i) how to build their rare and precious human lives rightly during their golden student life and youth period, the right period in their lives, by (a) laying life's foundation properly and strongly with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and (b) constructing life's superstructure completely, properly, strongly and nicely by achieving four great goals of ideal human life according to our great and glorious Indian Culture or *Bharatiya Sanskruti*, viz. achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness in life's daily activities and attainment of spiritual illumination for liberation of the individual souls from the cycle

of births and deaths, called Self-realisation or God-realisation,

(ii) how to build their character by (a) cultivation of (i) student-like good qualities such as obedience, humility, respectfulness, love (shraddha), devotion (bhakti), faith (bishwas), friendliness, self-control, discipline, faith in oneself, self confidence, courage, patience, fortitude, optimism, encouragement, hard-working nature, etc. and (ii) human-like good qualities such as truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism, etc.; by (b) eradication of bad qualities like lust, anger, greed, selfishness, hatred, jealousy, arrogance, fear, timidity, pessimism, etc.; and

(iii) how to make them as "Real Human Beings" by (a) eradication of their animal instincts, i.e. lust, anger, greed, infatuation, pride, jealousy, selfishness, etc. (b) development of noble and human qualities, such as, non-violence, selflessness, tolerance, courage, goodwill, fellowship, brotherhood, doing good to others or paropakara, etc., and (c) unfoldment of their dormant divine qualities, such as, truthfulness, love, purity, compassion, forgiveness, etc.

"Life-building, Character-building and Man-making Education" is also called "Value Education" in modern time, because it imparts teachings to students on various kinds of values, including moral values, ethical values, religious values and spiritual values, in different spheres of activities in human life with a view to enabling them to learn, understand, appreciate, believe, accept and apply those values in the day-to-day conduct in their lives for their good. And values build the character and the life of human beings and also make them as "Real Human Beings".

In view of the foregoing, "Life-building, Character-building and Man-making Education" is the **"Greatest and Burning Necessity of the Hour of our Modern Students"**.

HOUSE BUILDING

(A very costly life-time property)

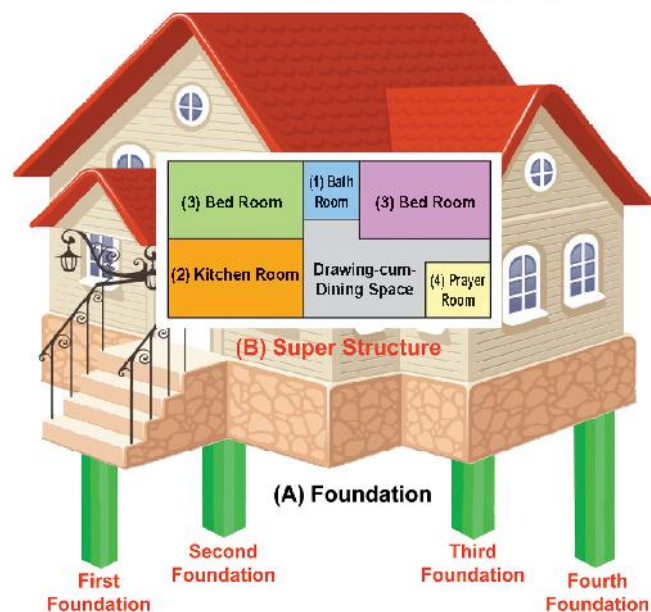
Purpose of the House : Happy Living and Peaceful Living



Construction
Period : 01 Year

Longevity : 60 – 70 Years

Construction – Two Parts – (A) Foundation (B) Super Structure



(A) Foundation

- | | |
|--------------------------------|-------------|
| ▪ Foundation is | “Necessary” |
| ▪ Number of Foundation must be | “Four” |
| ▪ Foundation must be | “Strong” |

(B) Super Structure

Four Facilities are
necessary in the house
for Happy Living &
Peaceful Living

1. Bath Room
2. Kitchen Room
3. Bed Room
4. Prayer Room

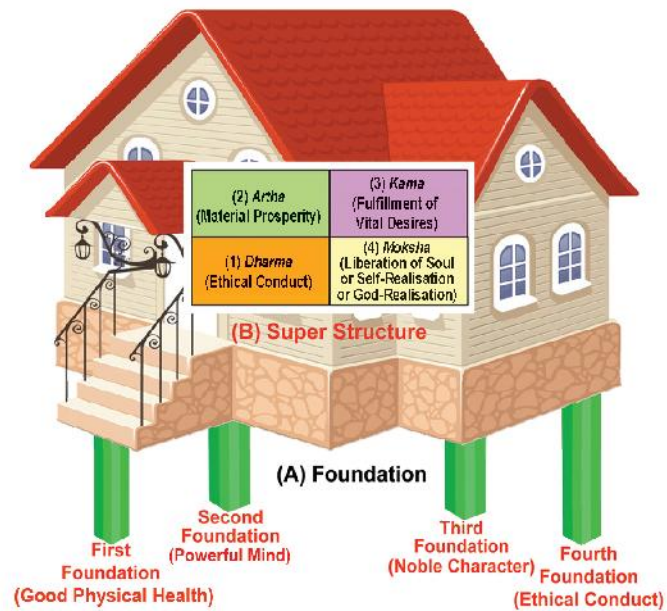
HUMAN LIFE

(A rare and precious Gift of God)

Purpose of the Human Life : Happy Living and Peaceful Living



Human Life – Two Periods – (A) Life Building (B) Life Living



(A) Foundation

▪ Foundation is	“Necessary”
▪ Number of Foundation must be	“Four”
▪ Foundation must be	“Strong”

(B) Super Structure

Four Goals of Human Life are prescribed for Happy Living and Peaceful Living*	<ol style="list-style-type: none"> 1. <i>Dharma</i> (Ethical Conduct) 2. <i>Artha</i> (Material Prosperity) 3. <i>Kama</i> (Fulfillment of Vital Desires) 4. <i>Moksha</i> (Liberation of Soul)*
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* According to our great, glorious, lofty, unique and ideal ancient spiritual culture.

Four Foundations of a House Building

First Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.
Second Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.
Third Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.
Fourth Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.

Four Foundations of Human Life

First Foundation	Good Physical Health	Physical Exercises, Asana, Pranayam, Good Food, Pure Water, Fresh Air, Sleep, Rest, Relaxation, Celibacy, etc.
Second Foundation	Powerful Mind	Thought Culture, Memory Culture, Will Culture, Practice of Concentration, Meditation, etc.
Third Foundation	Noble Character or <i>Satcharitra</i>	<ul style="list-style-type: none"> - Cultivation of good qualities like Truth, Non-violence, Purity, Honesty, Selflessness, Friendliness, Love, Compassion, Forgiveness, Tolerance, Optimism, etc.; and - Eradication of bad qualities like Anger, Greed, Selfishness, Jealousy, Arrogance, Fear, Pessimism, etc.
Fourth Foundation	Ethical Conduct or <i>Sadachar</i>	<i>Sadachar</i> or Performing Moral & Ethical Actions/ Righteous Actions/ Virtuous Actions.

**Four Facilities are necessary in a House Building
For Happy Living and Peaceful Living**

First Facility	Bath Room for Bathing facility	For purity and refreshment of the physical body.
Second Facility	Kitchen Room for Food facility	For satisfaction of appetite of the physical body.
Third Facility	Bed Room for Sleeping facility	For rest and re-energisation of the physical body.
Fourth Facility	Prayer or Puja Room for Prayer facility	For deriving peace of mind.

**Four Grand Goals of Ideal Human Life are necessary
For Happy Living and Peaceful Living**
(According to our great, glorious, lofty, unique and ideal ancient spiritual culture)

First Grand Goal	<i>Dharma</i>	<p>-- Dharma etymologically means that holds this world, or the people of this world.</p> <p>-- Manusmriti says - "Steadfastness, forbearance, self-restraint, non-stealing, purity, control over sense-organs, intellect, self-knowledge, truthfulness and absence of anger - these ten qualities are the characteristics of Dharma"</p> <p>-- Rishi Kanada is said to have given the best definition of Dharma as "That which leads to the attainment of Abhyudaya (Prosperity in this world) and Nihshreyasa (Total cessation of pain and attainment of eternal bliss hereafter) is <i>Dharma</i>".</p> <p>-- Swami Sivananda says "Dharma is generally defined as "Righteousness" or "Duty". Dharma is the principle of righteousness."</p> <p>-- This is the Foundational Grand Goal of ideal human life.</p>
Second Grand Goal	<i>Artha</i>	-- Acquiring of "Material Prosperity" in ethical ways or righteous ways for daily livelihood and survival of the physical body.
Third Grand Goal	<i>Kama</i>	-- Fulfillment of vital and legitimate physical, biological, psychological and other worldly desires.
Fourth Grand Goal	<i>Moksha</i>	<p>-- Liberation of the Soul or Self-realisation or God-realisation for the purpose of deriving lasting happiness and eternal peace in human life.</p> <p>-- This is the Supreme Grand Goal of ideal Human Life.</p>

Great Relevance of Sivananda Literature in “Life-building, Character-building and Man-making Education” for our Modern Students

Sri Mohan Lal Agrawal

Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages, including Swami Vivekananda, Swami Sivananda, Mahatma Gandhi, say that "Life-building, Character-building and Man-making Education" is the "Real Education". Both "Life-building, Character-building and Man-making Education", the "Real Education" and Secular Education, the "Ordinary Education" on various subjects, constitute the "Right Education". "Right Education" guides our students to make themselves as "Ideal Students" in order to become "Ideal Human Beings", i.e. both as "Good Human Beings" and as "Capable Human Beings".

In ancient India, "Life-building, Character-building and Man-making Education", the "Real Education", was also imparted to students in the educational centres known as "*Gurukulas*" and "*Rishikulas*". But such education is either not at all imparted or not completely imparted to the students in the modern schools, colleges and universities of our country. As a result, our modern students are deprived of the same and are not able to know the right goals and the right path of their precious human life. Consequently, they are proceeding in darkness and are unable to build their life completely, properly, strongly and nicely and are unable to live their long precious future life ideally and successfully. In this manner, they are suffering from irreparable damages and incurring permanent losses in their lives. Therefore, they need "Life-building,

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Character-building and Man-making Education", the "Real Education", also most intensely, urgently and immediately.

(In this connection, it is necessary to mention here that all high level Commissions and Committees constituted in our country since independence in 1947 such as the Radhakrishnan Commission (1948-49), Kothari Commission (1964-66), National Policy on Education (1986), Ramamurti Committee (1990), Central Advisory Board of Education (CASE) Committee on Policy (1992), Planning Commission Core Group on Value Orientation of Education (1992), S.B. Chavan Committee (1996-99) have spoken about the necessity of and given their recommendations for restoration of moral, ethical, religious and spiritual education in all schools, colleges and universities of our country. (Moral values, ethical values, religious values and spiritual values build the life and character of human beings; and therefore, moral, ethical, religious and spiritual education is also called "Life-building, Character-building and Man-making Education".)

Further, the Hon'ble Supreme Court of India, in W.P.(C) No. 98 of 2002 in the case of Ms. Aruna Roy and Others vrs. Union of India and Others, have also observed that introduction of study of religions (or religious education), as distinguished from religious instructions, in educational institutions of our country, wholly maintained out of State funds, (a) is not anti-secular and also (b) is not violative of the provisions of the Article 28 of the Constitution of India (which prohibits imparting of religious instructions in any educational institution wholly maintained out of State funds); rather such education is necessary in the life of the children to grow as good human beings and in the life of the people to control their wild animal instincts and achieve spiritual growth and higher goal of human life.

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Hence, there is a great necessity that "Life-building, Character-building and Man-making Education", the "Real Education", is restored completely and permanently in all schools, colleges and universities of our country at the earliest.)

In such a greatly-needy situation, and till "Life-building, Character-building and Man-making Education" is completely and permanently restored in the study curriculum for students in our schools, colleges and universities, our modern students can most profitably study Sivananda Literature because it can most eminently meet almost all of their requirements on various topics of "Life-building, Character-building and Man-making Education". In other words, by studying Sivananda Literature, our modern students can acquire necessary knowledge and guidance in the matter of deciding the right goals of precious human life; knowing the right path of precious human life; building their precious human life rightly by laying a proper and strong foundation and by constructing thereupon a complete, proper, strong and nice superstructure during their golden student life and youth period; and for living the same ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. In this manner, they can derive immense benefits by studying Sivananda Literature.

Now let us discuss briefly about Sivananda Literature.

But, before that, let us first discuss briefly about the author Swami Sivananda Saraswati. Because knowledge about the authors of books creates interest and eagerness in the minds of the readers to study the books written by them with full faith, due earnestness and greater acceptability.

Swami Sivananda Saraswati

Swami Sivananda Saraswati was born as Kuppuswamy

on the 08th September 1887, in the illustrious family of the sage Appayya Dikshitar and several other renowned saints and savants. His mother also belonged to a highly religious family. He had a natural flair for a life devoted to the study and practice of Vedanta.

He had an inborn desire to serve all humanity. His passion for service drew him to the medical career and he became a doctor by profession. He went to Malaya and rendered his medical service to the sick people. In the hospitals in Malaya in which he worked, he spent all his energy and time in relieving human sufferings by serving the sick and the poor, day and night, with a sympathetic heart. This type of selfless service gave him purification of heart and mind, and led him to the spiritual path.

In course of his medical service, his inborn spirit of *vairagya* or dispassion came out from within. Then, he gave up the life of ease, comfort and luxury, renounced his lucrative medical career at Malaya in 1923, came back to India, settled down at Rishikesh, Himalayas, obtained *sannyasa diksha* from his Spiritual Preceptor or *Aadhyatmik Guru Paramahansa* Shri Swami Viswananda Saraswati and took to the life of complete renunciation or *sannyasa* life. He practised intense spiritual austerities and prolonged deep meditation; and attained Spiritual illumination or Self-realisation or God-realisation or *Moksha*. He shone as a great Yogi, *Para Bhakta*, Saint, Sage and *Jivanmukta* (One liberated while living). The doctor of the body and mind became the doctor of the soul.

Swami Sivananda Saraswati is a broad-minded, catholic, liberal, world-renowned saint of modern India. He believes in the common Fatherhood of One God and universal brotherhood of all human beings. To him, all human beings, irrespective of their religion, faith, belief, nationality, caste, creed, colour, sect, gender, etc., are equal. Many of his disciples

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and followers include christians and muslims, apart from hindus. He treats all religions as essentially one. He pays equal respect to all religions; and exhorts that all religions speak the same truth. He also says that the essence of all religions, i.e. universal good qualities like truth, non-violence, purity, love, compassion, forgiveness, tolerance, brotherhood, doing good to others, etc., is one. He worked for unity of religions in the society and the world. He also worked for world peace.

The International Divine Life Society, Rishikesh founded by him is purely a non-sectarian spiritual organisation and anybody who vows to adhere to truth, non-violence and purity can become its member, irrespective of his religion, faith, belief, caste, creed, colour, sect, gender, nationality, etc. Many christians and muslims, apart from hindus, are also its members. The main objective of the said society is dissemination of spiritual and cultural knowledge amongst the people. The purpose of such dissemination is that people can acquire spiritual knowledge and thereafter, they can practise the same and transform themselves into "Divinity" by shedding their animal instincts, developing human qualities and unfolding their latent divine faculties. Thus, they can live a noble, ethical and spiritual life and make endeavours to attain Self-realisation or God-realisation or *Moksha*, the state of Divinity, the state of Perfection, which is the Supreme Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Thereby, they can derive lasting happiness and eternal peace and there will be permanent cessation of worldly sorrows, sufferings, pains and miseries in their life. Thus, they can live their rare and precious human life upon the earth plane happily, peacefully, successfully and ideally.

After attainment of spiritual illumination, the mission

of life of Swami Sivananda Saraswati became dissemination of the spiritual knowledge that he gained during his severe austerities, prolonged meditation and intense spiritual *sadhana* amongst the entire humanity in order to show them the right path of life. With such mission, he commenced his real service to the entire modern mankind. Millions of people across the world, irrespective of their religion, faith, belief, caste, creed, cult, sect, colour, gender, nationality, etc. flocked to Swami Sivananda Saraswati for spiritual guidance, light and solace. Swami Sivananda Saraswati embraced them all and showed them the right path of life.

Now let us discuss briefly about Sivananda Literature or the books written by Swami Sivananda Saraswati. Because knowledge about the books written by authors enlightens the readers about the relevance, importance and benefits of those books and creates inquisitiveness, interest and eagerness in the minds of the readers to study those books with full faith, due earnestness and greater acceptability.

Sivananda Literature

The intense desire of Swami Sivananda Saraswati to disseminate spiritual knowledge amongst the entire modern mankind and his mission to serve them through such dissemination made him to write more than 300 most valuable books. He wrote those books on all aspects of human life, commencing from health and hygiene to religion and spirituality and for all categories and all classes of people, for their guidance. His books are known as Sivananda Literature, which is regarded as a class by itself. Sivananda Literature is widely read throughout the world and has earned great eminence all over the world. Sivananda Literature is a many-sided, all-inclusive and comprehensive veritable ocean of most valuable immortal teachings with several unique features. Those teachings are greatly enlightening and immensely beneficial for the entire

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modern mankind including the modern students and youth. Swami Sivananda Saraswati had special interest for the education, development and welfare of the modern students and youth and therefore, he has written many books specifically for their benefits. Some of his books have been prescribed as text books in some schools and colleges.

Sivananda Literature can most eminently meet the requirements of our modern students for the following four broad reasons:-

(A) Firstly, Sivananda literature is vast and rich with teachings on almost all topics on the subject of "Life Building Science" which are most acutely needed by our modern students.

Sivananda literature is vast and rich with right kind of teachings on almost all topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" such as good physical health, powerful mind, noble character (*satcharitra*), ethical conduct (*sadachara*), celibacy (*brahmacharya*), Indian Culture (*Bharatiya Sanskruti*), religion (*dharma*) and spirituality (*adhyatma*), etc. Our modern students need such education the most and that too, very acutely, for building their life rightly, i.e. for laying the foundation of their life properly and strongly and for constructing the superstructure of their life completely, properly, strongly and nicely; and for living their life completely, purposefully, prosperously, happily, peacefully, successfully and ideally. The teachings contained in Sivananda Literature are very comprehensive and self-contained. Therefore, our modern students can have the opportunity of studying all those teachings and meeting all their requirements on all such topics from a single source.

(B) Secondly, Sivananda Literature is unique with several special features.

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Sivananda Literature is unique with several special features, some of which are stated as under.

(1) Sivananda Literature contains the essence of all spiritual scriptures and religious literatures:-

Most of the spiritual scriptures and religious literatures in their original are said to be archaic and have been written many a time in obscure and allegorical language. Also many such scriptures have been written in the form of verses and *sutras*, without being expounded. Therefore, the real or deep or inner meaning of the teachings contained in those scriptures is not easily comprehensible and is not immediately perceptible to the vast majority of the modern men. Hence, Swami Sivananda Saraswari studied and churned those scriptures and literatures, brought out the most precious essence of the teachings contained in them and presented such essence of the teachings in the books written by him. The common modern mankind can study those books containing such essence, and that too, from one source, with great ease and can understand the teachings contained therein correctly.

(2) Sivananda Literature is practical:-

The teachings of Swami Sivananda Saraswati are not merely academic, theoretical or abstract teachings, but are practical. His writings spotlight the practical aspects of religion and spiritual science. His teachings tell the readers not so much of what they should believe in or what they should merely know, but what they should practically do and how they should practise in their daily life in order to achieve success. Thus, Sivananda literature is ready-made practical instructions for the readers for their direct and instant practice. Therefore, the readers need not go to somewhere else in order to find out the practical instructions for putting them in their spiritual practice or *aadhyatmik sadhana* in their life.

(3) Sivananda Literature is based on his personal experiences and is, therefore, very powerful, forceful and effective:-

The writings of Swami Sivananda Saraswati are based on his own personal experiences. He wrote those teachings only after successfully applying, practising and experiencing the same in his own life. His teachings are charged with the divine power which he derived from his own severe austerity, deep meditation, prolonged spiritual practice or *aadhyatmik sadhana* and God-realisation. Therefore, the writings of Swami Sivananda Saraswati are very powerful, forceful and effective and those directly penetrate into the hearts of the readers.

(4) Sivananda Literature is highly awakening, greatly inspiring, heart-touching, soul-elevating and life-transforming:-

Swami Sivananda Saraswati being a God-realised saint, his writings are a very powerful awakener. Those writings instantly awaken the modern men, students and youth to rise from their slumber and then profoundly inspire them to start living a noble, ethical and spiritual life. His writings are heart-touching, soul-elevating and life-transforming. Reading of a few sentences of his writings is enough to bring about radical change in the life of the readers and transform them, even atheists, into spiritual persons.

(5) Sivananda Literature is scientific and therefore, highly acceptable and greatly appealing to the modern men, students and youth:-

The modern men, more particularly, the modern students and youth, approach all matters in a spirit of investigation and they seek first to know the 'why' and 'how' of things before accepting them. They also always expect tangible results of any practice to be undertaken by them. To such modern men, students

and youth, Sivananda Literature, which gives a rationalistic treatment to the subject and usually explains the subject in a scientific manner, is highly acceptable and greatly appealing.

(6) Sivananda Literature infuses optimism, positivism, enthusiasm, hope, faith, confidence and encouragement in the minds of the modern men, students and youth:-

The writings of Swami Sivananda Saraswati are always positive in their tone. Therefore, Sivananda Literature infuses optimism, positivism, enthusiasm, hope, faith, confidence and encouragement in the minds of the modern men, students and youth. When enthusiasm lacks and faith wavers, the living words of Swami Sivananda Saraswati infuse fresh zeal and revive faith in the hearts of the readers. Further, Swami Sivananda Saraswati always took the positive course of encouraging and infusing new hope and optimism into the minds of the modern men, students and youth; and seldom took condemnatory attitude towards them. Therefore, his literature greatly appeals to the modern men, students and youth and are highly effective in moulding their thoughts and conduct.

(7) Sivananda Literature has been written in the widely-used modern and simple language:-

Swami Sivananda Saraswati has presented his writings to the modern men, students and youth in the widely-used modern language, viz. English. Also, Swami Sivananda Saraswati has written his books in very simple language, in short sentences and without using difficult and complicated words. His writings are also very clear and lucid. Therefore, the vast common modern men, students and youth, even a high school student, can easily read his writings and very well understand their meaning even with a single reading.

(8) Sivananda Literature attaches great

importance on practice of spirituality commencing from the student life and youth period itself:-

As the well-wisher of the students and youth, Swami Sivananda Saraswati exhorts, inspires and encourages modern students and youth to commence practising spirituality, together with their school/ college/ university education, from their student life and youth period itself instead of postponing it to a distant future or to the post-retirement period. Because student life and youth period is the most precious and most conducive period in one's life when one is in best state of health and mind and therefore, they can easily and effectively practise spirituality and thereby, they can derive maximum benefits for themselves.

(C) Thirdly, Sivananda Literature is universal in scope.

Swami Sivananda Saraswati deeply studied the spiritual scriptures of the ancient and modern times; and the scriptural writings of almost all great saints, sages and prophets of all religions of the world, collected the cream of the same and presented them in his books in his own language and in his inimitable style. His writings are thus a beautiful unification and synthetic combination of such diverse teachings. Therefore, the teachings contained in his books are universal in scope. And hence, his teachings are acceptable, appealing and beneficial to all people of the whole world irrespective of their nationality, religion, faith, belief, cult, caste, creed, sect, colour, gender, etc. Millions of people belonging to different nations, religions, faiths, beliefs, sects, creeds, colours, etc. all over the world have studied his books and derived immense benefits.

(D) Fourthly, Sivananda Literature is highly student-friendly.

Swami Sivananda Saraswati had special interest in the modern students and youth. He imparted them teachings

regarding good physical health, powerful mind, noble character, ethical conduct, celibacy, personality development, success in life, religion, spirituality, etc. He tried to mould the students through imparting of moral, ethical, religious and spiritual teachings. He spoke to the students not as a Master, but as a friend and well-wisher. He always took the positive course of encouraging and infusing new hope and optimism into students and youth; and seldom took condemnatory attitude towards them. Therefore, his teachings are highly appealing to the students and youth. He also addressed the students and youth directly which gives them the feeling of a personal touch and also which creates a feeling of intimacy, sense of interest and ready acceptability of his teachings in their minds. His teachings are in simple language and even a high school student can understand the same well. In view of these, Sivananda Literature is highly student-friendly. Therefore, the teachings of Swami Sivananda Saraswati have been well-received and readily accepted by the modern students and youth. Millions of modern students all over the world have been studying Sivananda Literature and are deriving immense benefits for themselves.

With such vast and rich contents and with so many unique features, Sivananda Literature can eminently meet the requirements of our modern students and guide them for proceeding in the right path of life, and for building their life rightly by laying a proper and strong foundation with good physical health, powerful mind, noble character (*satcharitra*), ethical conduct or good conduct or righteous conduct or virtuous conduct (*sadachara*), with strict observance of complete celibacy (*purna brahmacharya*) ; for attaining integrated and harmonious development of their physical body, mind, intellect, heart and soul; for developing an excellent personality; for acquiring knowledge on Indian Culture (*Bharatiya Sanskruti*), religion (*dharma*) and spirituality (*adhyatma*); for becoming

Be good. Do good. — Swami Sivananda

good human beings; for constructing the superstructure of their life completely, properly, strongly and nicely; for living the religious and noble life; for living the spiritual life for achieving the higher purpose of human life i.e. Liberation of the individual Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*, which is the Supreme Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures, and according to our country's great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; and thus, for living an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life, both secular and spiritual.

In this connection, the world-renowned saint Swami Krishnananada Saraswati, one of the great disciples of Swami Sivananda Saraswati says “x x x x “Students are moulded to the education they receive,” says Swamiji. At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: "I speak as your humble Sevak and 'Hitakankshi'. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own." Gurudev's gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous — the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

Millions the world over have benefited materially and spiritually through the study of Swamiji's life-transforming works.”

Be good. Do good. — Swami Sivananda

The teachings of Swami Sivananda Saraswati from his saintly heart as contained in Sivananda Literature, the God-sent Gift, are immortal. Therefore, those are a great blessing not only to the generation in which he lived but also to the generation and generation to come after him.

The world-renowned saint Swami Chidananda Saraswati, one of the foremost and great disciples of Swami Sivananda Saraswati, while delivering a talk on His Holy Spiritual Master said "Our daily life should be a response to that call from darkness to Light. And Holy Master, having become illumined with that Light, wished to share it with all mankind, with all his brethren. And this great and intense urge from his great heart manifested itself as 300 books and his free distribution of innumerable pamphlets. This sharing was one hundred per cent of his life. It marked his entire being — share! "May all be illumined. May all attain that great peace. May all become blessed. May all become liberated!" That was Holy Master!" He further said, "And through this institution that he established, he continues to do that sublime work. Fortunate indeed is mankind. Blessed are generations that have come after him, for he made his light to shine perpetually. He has made it akhanda jyoti. He has made a permanent, unbroken light, banishing the darkness, illumining the pathway of life of all sincere seekers."

In view of the foregoing, Sivananda Literature can most eminently meet the requirements of our modern students on various topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" for ever, generation after generation, and hence, our modern students can most profitably study Sivananda Literature and derive immense benefits in their lives, both secular and spiritual.

A topic-wise list of selected books written by Swami

Be good. Do good. — Swami Sivananda

Sivananda Saraswati which can eminently meet the requirements of our modern students on life-building, character-building and man-making education or on various topics of the subject of "Life Building and Successful Living" or, in short, "Life Building Science" is furnished below.

Topic — Good Physical Health:- 1. Yoga Asanas, 2. Science of Pranayam, 3. Health and Diet, 4. Health and Hygiene, 5. Radiant Health through Yoga, 6. Health and Long Life, 7. Health and Happiness, **Topic — Powerful Mind:-** 8. Thought Power, 9. Mind, Its Mysteries and Control, 10. Conquest of Mind, 11. Concentration and Meditation, **Topic — Noble Character:-** 12. How to Cultivate Virtues and Eradicate Vices, 13. Universal Moral Lessons, 14. Conquest of Anger, 15. Conquest of Fear, **Topic — Ethical Conduct:-** 16. Ethical Teachings, 17. Universal Moral Lessons, **Topic — Celibacy:-** 18. Practice of Brahmacharya, **Topic — Insight into Human Life:-** 19. Know Thyself, 20. Philosophy of Life, **Topic — Religion:-** 21. All About Hinduism, **Topic — Spirituality:-** 22. Guru Tattwa, 23. Practice of Karma Yoga, 24. Essence of Bhakti Yoga, 25. Practice of Bhakti Yoga, 26. Japa Yoga, 27. Raja Yoga, 28. Dhyana Yoga, 29. Jnana Yoga, 30. Essence of Vedanta, 31. Practice of Vedanta, 32. Principal Upanishads, 33. Bramhasutras, 34. Srimad Bhagavad Gita, 35. Satsanga and Svadhyaya, 36. Sadhana, **Topic — Unity of Religions:-** 37. Unity of Religions, **Topic — World Peace:-** 38. World Peace, **Topic — General:-** 39. Religious Education, 40. Moral and Spiritual Regeneration in the world, 41. Sure ways for Success in Life and God Realisation, 42. Students Success in Life, 43. Inspiring Stories, 44. Spiritual lessons, 45. Students, Spiritual Literature and Sivananda (Swami Chidananda Saraswati).

Thus, Sivananda Literature is greatly relevant in "Life-building, Character-building and Man-making Education" for our modern students.

REAL WEALTH OF MANKIND

Sri Venu, a modern student, asked :

Ques: Is it true that Swami Sivananda's works have enriched the world's spiritual literature?

Swami Chidananda Saraswati answered :

Ans: Absolutely. Gurudev's works are so many gems added to the spiritual literature of the world. Swami Sivananda, being a Godrealised Soul, whatever flows out of his pen turns out to be spiritual literature of the highest order. Sivananda Literature has come as a God-sent gift at a time when the world is passing through a severe crisis in values. You will appreciate that Gurudev's message of "Serve, Love, Give, Purify, Meditate, Realise," beautifully amplified in his numerous works, is a valuable addition to the spiritual values of the world's religions.

The especial way in which Swami Sivananda has enriched the world's spiritual literature is through his simple and lucid presentation of even abstruse and subtle philosophical truths, by his interpretation of the true spiritual import of religious teachings in a manner suitable to and acceptable to the modern man and by his bringing out the fundamental essentials of spirituality from amidst a vast mass of non-essentials. He has given the gospel of practical religion, active Dharma and the universality of the Divine Life underlying all religions and scriptures.

Some may say, "There are already many religious and spiritual books. Where comes the question of additional enrichment of existing literature?" But, the fact is that Swamiji's excellent spiritual literature has come as a direct God-sent gift to meet one of the greatest needs of our modern times. Perhaps at no time in the past has mankind stood in

greater and pressing need of literature like Gurudev's writings. Almost all religious literature in their original are archaic in style; moreover, they are written many a time in obscure and allegorical language whose meaning is not immediately perceptible. Thus, they are not of much effective use to the vast mass of mankind. Moreover, the traditional method of presentation of ethical and spiritual truths was such that the essential teachings were surrounded and almost buried under a whole mass of non-essential, and sometimes irrelevant detail, that to the normal reader they were inaccessible. These non-essential details swelled the size of the scripture to such an extent that the very size frightened the ordinary man away from their perusal. Modern man had hardly time even for his routine personal hygiene, food and rest etc. Such being the situation, Swami Sivananda has enriched the spiritual literature of the world by culling out the most precious essence from the ocean of scriptural writings and presenting them to modern mankind in a modern language, in simple style and in a direct and forceful manner, peculiarly all his own. Also, his writings spotlight the practical aspects of religion and spiritual science. Thus, his books tell you not so much what you should believe in or what you should merely know, but they tell you in an emphatic and a powerful manner what you should be, what you should do and how you should live your life. His writings expound practical spirituality and living religion. This is one of the special reasons why Swamiji's books constitute a distinct enrichment of the world's spiritual literature.

MOULDER OF STUDENTS

Sri Venu, a modern student, asked :

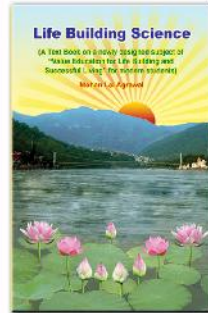
Ques: How far will Sivananda Literature help to mould students' thoughts?

Swami Chidananda Saraswati answered :

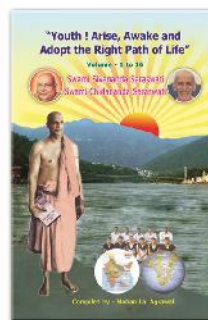
Ans: Spiritual literature always helps and elevates — not only students, but everyone. The mind needs food just as much as the body does. If cattle are fed on good prepared food in the cowshed, they will no longer go out to graze on rubbish. Even so, if the mind is fed on good thoughts contained in spiritual literature, they will no longer entertain a taste for cheap literature. You must, however, notice one point. While spiritual literature always helps, the extent to which it benefits a man depends upon the man himself. You will be benefited to the extent to which you already possess a moral character, have a liking for spiritual subjects and have faith in the book and its author. What is true of spiritual literature, in general, is true of Sivananda Literature also. In addition, Sivananda Literature has the quality of converting even sinners and atheists; this is because of the Divine powers of the writer. It is because Swamiji's appeal is forceful, His style is simple. He directly addresses the reader and thus touches his heart with his rousing divine message. He shows practical ways and means of overcoming impurity and evil and becoming divine. He infuses confidence, optimism and inspiration into you. He speaks to students from their own level and counsels them as their friend and well-wisher. He always takes the positive course of encouraging them and infusing new hope and optimism into them. He seldom takes the condemnatory attitude. Hence his books appeal to the youth and are effective in moulding their thoughts and conduct.

(From the Booklet "Students, Spiritual Literature and Sivananda" published by The Divine Life Society, Headquarters, Rishikesh.)

Books on all topics of "Life-building, Character-building and Man-making Education"



This book titled "Life Building Science" contains brief write-ups on different topics of "Life-building, Character-building and Man-making Education" such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, real identity of human beings, true purpose of human life, adherence to righteousness, achievement of economic prosperity, fulfillment of vital worldly desires, attainment of spiritual illumination for liberation of soul, unity of religions, world peace, one's prescribed duties, etc. The said write-ups cover the simple meaning, necessity, importance, manner, benefits, etc. of each topic. This book intends to impart introductory teachings on those topics to our modern students. It also seeks to inspire and encourage them to acquire detailed knowledge on all those topics.

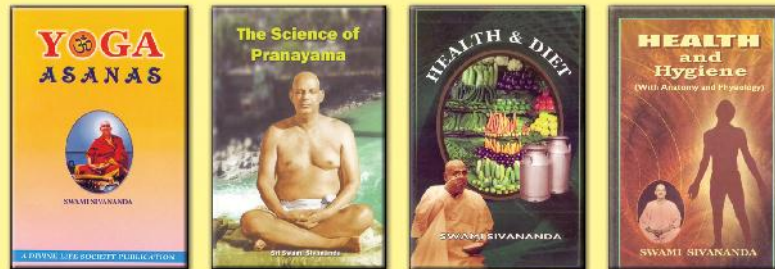


This book of compilation titled "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 Volumes) contains writings of two great, world-renowned and God-realised modern Saints Swami Sivananda Saraswati and Swami Chidananda Saraswati on different topics of "Life-building, Character-building and Man-making Education" such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, real identity of human beings, true purpose of human life, adherence to righteousness, attainment of spiritual illumination for liberation of soul, unity of religions, world peace, advices to students, messages to students, one's prescribed duties, etc. This book intends to impart detailed teachings on those topics to our modern students for their study and practice.

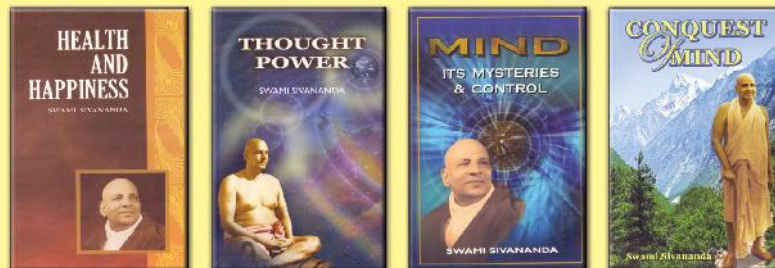
(Soft copies of the above two Books are available in the Internet Archive, and our modern students can open the Internet Archive in the following manner and study the same therein, free of cost:- (1) Accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (the above books in PDF format will be displayed).

**Topic-wise Books of
Swami Sivananda Saraswati on
“Life-building, Character-building
and Man-making Education”
for acquiring further/ detailed/
special knowledge by our modern students**

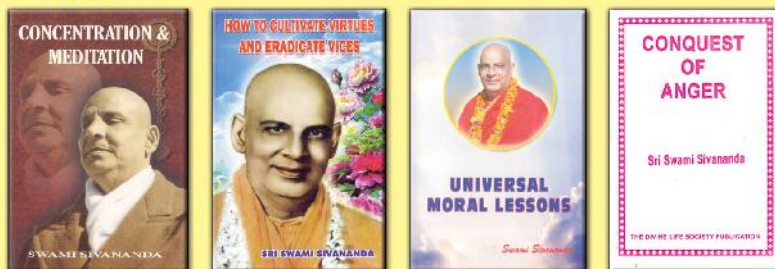
Topic - Good Physical Health



**Topic - Good
Physical Health**

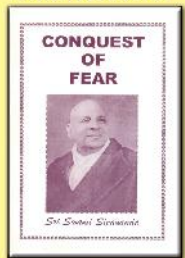


**Topic -
Powerful Mind**

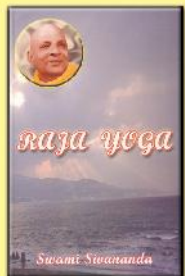
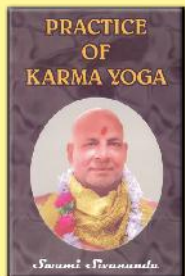
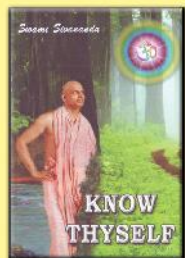


Topic - Noble Character

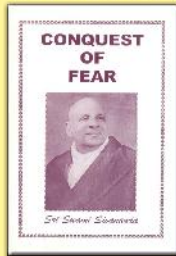
**Topic -
Noble Character**



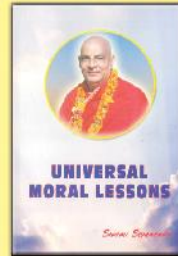
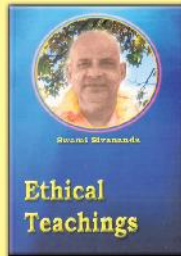
Topic - Insight into



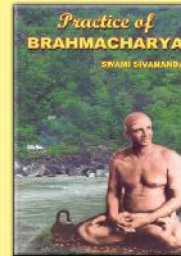
**Topic -
Noble Character**



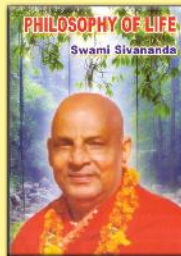
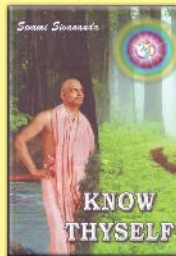
Topic - Ethical Conduct



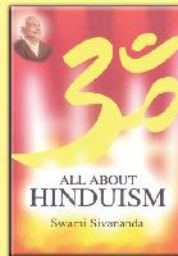
Topic - Celibacy



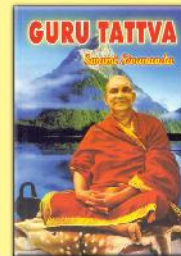
Topic - Insight into Human Life



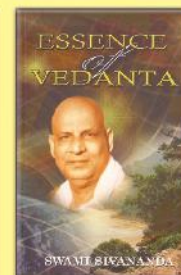
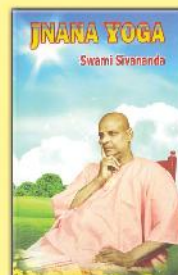
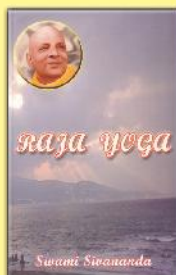
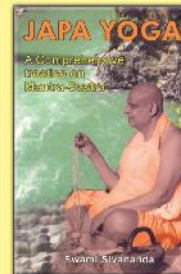
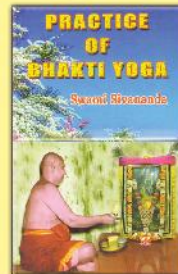
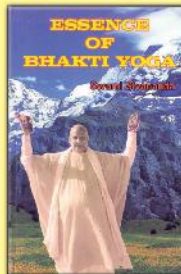
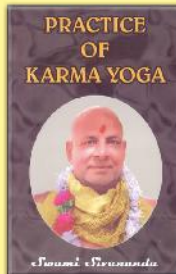
**Topic -
Religion**



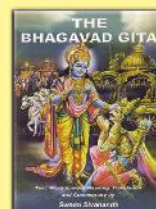
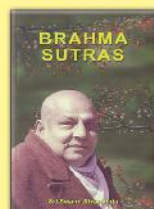
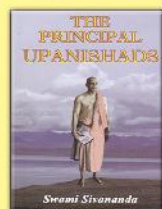
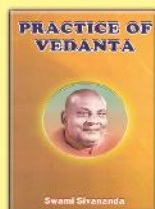
**Topic -
Spirituality**



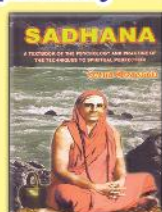
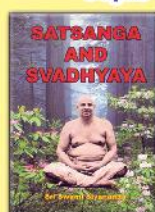
Topic - Spirituality (Contd.)



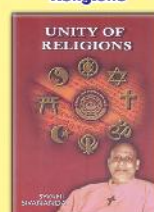
Topic - Spirituality (Contd.)



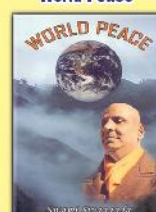
Topic - Spirituality



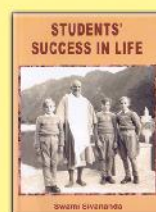
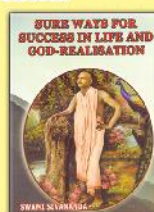
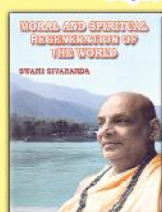
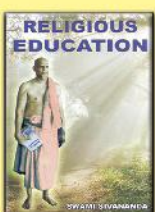
Topic - Unity of Religions



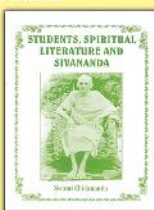
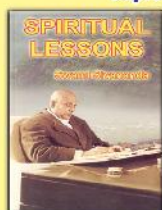
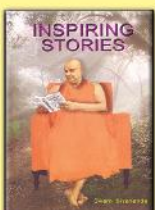
Topic - World Peace



Topic - General

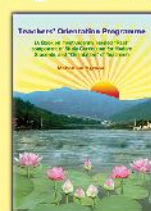
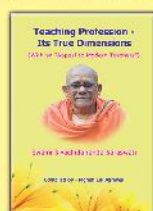
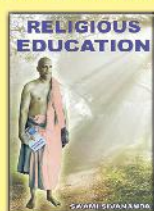


Topic - General



(The above books of Swami Sivananda are published by the Divine Life Society, Rishikesh, PO - Sivanandanagar, Dist - Tehri Garhwal, (Uttarakhand), PIN - 249192).

Orientation of Teachers on Teaching Profession



Cultivate healthy habits. Early to bed and early to rise must be your motto. Do not destroy precious life by wasting away priceless time staring at the T.V. Television is the time consumer. It is a dangerous "ayuh-bhakshak" and will swallow up your life, little by little if you do not be aware and recognise its dangerous nature. Form the habit of prayer, physical culture and serious study. This habit will help you greatly. Be a master of your five senses namely sight, sound, taste, touch and smell. Control all wrong desires. Conquer your mind. This is the greatest strength. Develop noble character. Be not a slave to wrong habits. Overcome them all by your determination. There is nothing impossible for one who refuses to give up. Keep only good company. Do not read petty and unclean books that stir up gross, lower propensities and stimulate impure passion and animalistic tendencies. Have noble, moral principles to live by. Adhere strictly to them. Keep a sublime ideal before you. Character is the greatest wealth. Self-discipline is the greatest strength. Anger is terrible weakness. Make yourself an embodiment of everything that is lofty and great in our Indian culture. (Bharatiya Sanskriti).

— **Swami Chidananda Saraswati**

A new subject named “Life Building Science” and Two new books on “Life-building, Character-building and Man-making Education” for study by our Modern Students

Sri Mohan Lal Agrawal

In the greatly-needy situation for "Life-building, Character-building and Man-making Education" for our modern students and till the same is completely and permanently restored in the study curriculum for our students in our schools, colleges and universities, a new subject named "Life Building Science" covering various topics on "Life-building, Character-building and Man-making Education" has been conceived and designed; and two new books, viz. "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes) on the said subject have been prepared for study by our modern students.

The first book titled "Life Building Science" is a Text Book. It contains introductory write-ups, with simple meaning, necessity, importance, manner, benefits, source of knowledge, etc., in 24 lessons, on various topics, such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or Bharatiya Sanskruti, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc., of the said subject of "Life Building Science". Those write-ups seek to impart introductory knowledge to our modern students on various topics of the said subject of "Life-building, Character-building and Man-making Education". Those write-ups also seek to create necessary inquisitiveness and interest in their minds, and encourage and inspire them to study the second book "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16

Be good. Do good. — Swami Sivananda

volumes), with due earnestness and great interest, in order to acquire detailed knowledge on each topic of the aforesaid subject.

The above introductory Text Book titled "Life Building Science" has been prepared keeping in view the fact that our modern students use to approach all matters in a spirit of inquiry; they seek to know first the 'why' and 'how' of things before accepting, adopting and practising the same in their life; and also they always expect immediate and tangible results of any practice to be undertaken by them. Therefore, it is firmly believed that this Text Book can serve the purpose of our modern students well.

The second book is titled "Youth ! Arise, Awake and Adopt the Right Path of Life". This book has been compiled in 16 volumes from Sivananda Literature or the books written by Swami Sivananda Saraswati, one of the great, spiritually illumined, God-realised, world renowned Saints of our modern time. This book contains detailed writings of Swami Sivananda Saraswati on various topics of the subject of "Life-building, Character-building and Man-making Education". Those topics include, amongst others, good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or Bharatiya Sanskruti, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc. This book also contains some write-ups of Swami Chidananda Saraswati, the illustrious disciple of Swami Sivananda Saraswati and another great, spiritually illumined, God-realised, world renowned Saint of our modern time. This book of compilation is a comprehensive, self-contained, all-inclusive and encyclopedic book on the said subject of "Life-building, Character-building and Man-making Education", or, in short, "Life Building Science". This book intends to impart detailed knowledge on the said topics to our modern students.

By studying the above newly designed subject with the above two newly prepared books, our modern students can acquire right and comprehensive knowledge on all the above topics of the said newly designed subject of "Life Building Science" or "Life-building, Character-building and Man-making Education". Thereby, they can learn the right goals of their life and the right path of human life. They can also learn how to build their life rightly by laying a proper and strong foundation of their life and by constructing upon the same a complete, proper, strong and nice superstructure of their life. Thereby, they can live their long future life ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully.

(Presently, these two books are not available in the market as priced publications. Hence, our modern students can study the soft copies of the these two books, viz. "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes) in the internet archive, free of cost, by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the said two books in PDF format will be displayed.)

On completion of study of the above book titled "Youth ! Arise, Awake and Adopt the Right Path of Life", our modern students may be interested to study further books in order to acquire further/ specialised knowledge on various topics of the subject of "Life-building, Character-building and Man-making Education". In this connection, they may study the topic-wise separate books written by Swami Sivananda Saraswati, as has been listed in the previous write-up "Great Relevance of Sivananda Literature in "Life-building, Character-building and Man-making Education" for modern students".

Be good. Do good. — Swami Sivananda

Greatness of India (*Bhrat*) and Greatness of Indian Culture (*Bharatiya Sanskruti*)

Sri Mohan Lal Agrawal

Indian Culture or *Bharatiya Sanskruti* consists of two words, viz. India or *Bharat* and Culture or *Sanskriti*. Let us discuss in brief about both these words.

India or *Bharat*

The word "*Bharat*" or "*Bharata*", as spelled sometimes, consists of two words, i.e. "*Bha*" and "*Rata*". "*Bha*" means "*Jyoti*" or "Light" or "Illumination" and "*Rata*" means "Engaged". Hence, "*Bharat*" or "*Bharata*" means the country where the people are engaged in the higher pursuit of acquiring "Light" or "Illumination" or "Wisdom" in order to live a complete and fulfilled life of happiness and peace, besides achievement of true material prosperity and fulfillment of legitimate vital worldly desires. Accordingly, it is stated, our country has been named as "*Bharat*" or "*Bharata*".

The name "*Bharat*" has also some *pauranik* (described in our Holy *Puranas*), geographical and historical origin or connotation.

It is stated in our Holy Scriptures that *Swayambhuva Manu* was the son of Lord *Brahma*, the Creator. *Swayambhuva Manu's* son was *Priyabrata*, *Priyabrata's* son was *Agnidhra*, *Agnidhra's* son was *Navi* and *Navis's* son was *Rishabha*. *Rishabha* was the *amsha* or part of the Lord *Vasudev* or God. *Rishabha* took incarnation in order to teach and propagate the ways to attain *Moksha* or liberation of the individual soul from the cycle of births and deaths. *Rishabha* was the pious king of the country named *Ajanabhavarsha* located in the *Jambu Dweepa*. *Jambu Dweepa* is one of the

seven island continents upon the earth plane. *Jambu Dweepa* is regarded as the best amongst all island continents. King *Rishabha* had one hundred sons, all adept in the *Vedas*. The eldest among them was the King-*Rishi Bharata* or *Rajarshi Bharata*. *Rajarshi Bharata* was a most beloved devotee of *Bhagavan Narayana*. *Rajarshi Bharata* was a noble, pious and righteous ruler. His country, viz. *Ajanabhavarsha*, was named after him as "*Bharatavarsha*" or "*Bharatakhanda*". This is the *pauranik* (described in our Holy *Purana* viz. *Srimad Bhagavad Mahapurana*) name of our country "*Bharat*".

Bharat, in the ancient time, was also known as "*Brahmavarta*". Because, the people of this sacred land were engaged in the quest of *Brahma*, the Supreme Being. *Bharat* was also called "*Aryavarta*", the abode of *Aryans*. Because, the people of this country belonged to the "*Aryan Race*". And, during the time of *Manu*, the people from other countries of the world were coming to *Bharat* for acquiring knowledge or *vidya* from the teachers, called *Aryans*, living in this "*Aryavarta*". Therefore, the name of our country *Bharat* was "*Aryavarta*" also.

When the river *Saraswati* got extinct, that part of the great *Aryan* race which migrated from central Asia*, through the mountain passes into India, settled first in the districts near the river *Sindhu*, now called *Indus*, on the other side of the river. Those people, on the opposite side of the river *Sindhu*, were called *Paarasthani* or *Parasi* or *Parsi*. The *Parasis* or the *Parsians* pronounced the word *Sindhu* as *Hindu* and named their *Aryan* brethren as *Hindus*. As such, the people of this country were called *Hindus* and this country was called *Hindusthan* or the abode of the *Hindus*.

The Greeks called the *Hindus*, on the other side of the river *Sindhu*, now called the *Indus*, as "*Indel*", which was

subsequently pronounced as "India". And hence, *Bharat* is called India.

* (Latest historical researches are said to have now proved that the *Aryans* did not come from outside India, but were the original inhabitants of India.)

Greatness of India or *Bharat*

The special features or characteristics or greatness of our country India or *Bharat* are innumerable and can not be described in details. However, some most important features or characteristics or greatness are stated as under:-

(1) *Bharat* is a sacred land where God, the Almighty Supreme Lord Himself takes incarnation in every age, plays His Divine Sports or *Leelas*, reestablishes "*Dharma* or righteousness", protects "*Dharmik* people or righteous people" and destroys "*Adharmik* people or wicked people".

(2) *Bharat* is a sacred land where the *Rishis*, *Munis*, Saints, Sages, Prophets and Godmen take births frequently in every age, teach and propagate *dharma* (righteousness) and *aadhyatma* (spirituality) to the people and guide, inspire and encourage them to live *dharmik* (righteous) and *aadhyatmik* (spiritual) life in order to achieve the supreme goal of ideal human life, i.e. *Moksha* or Liberation of soul from the bondage of births and deaths, called God-realisation or Self-realisation, and to live their life successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully.

(3) *Bharat* is a sacred land where the people in general live a *dharmik* (righteous) and *aadhyatmik* (spiritual) life. They strictly and meticulously adhere to *dharma* (righteousness) as the primary, fundamental and foundational grand goal of life and practise *aadhyatmikata* (spirituality) as the *summum bonum* or the supreme grand goal or the greatest grand goal of life. Even the so-called uneducated,

common men like washer men, fisher men, barbers, potters, cobblers, etc. believe in, practise and speak of God, *Dharma* and *Adhyatma*. The people of this land believe in and adhere to "Simple Living and High Thinking".

(4) *Bharat* is a sacred land where the people, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great ancient culture, believe in the principles of (a) Common Fatherhood of one God (b) Universal Brotherhood of all human beings upon this earth planet, (c) The Whole Universe is One Family (वसुधैव कुटुम्बकम्); and (d) May all people of the world be free from diseases, (सर्वे सन्तु निरामयाः), (e) May all people of the world become prosperous, (सर्वेषां मङ्गलं भवतु), (f) May all people of the world become happy, (सर्वे भवन्तु सुखिनः), (g) May all people of the world become peaceful, (सर्वेषां शान्तिर्भवतु), etc. Keeping this in view, the people of this country understand, accept and tolerate the people of all other countries of the whole world and their religions and their cultures. The people of this country also contribute to and maintain unity of religions and offer prayer to the Almighty Supreme Lord for the welfare, safety, happiness and peace of all people of all countries throughout the whole world.

(5) *Bharat* is a sacred land where the people, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great ancient culture, see the whole creation as the manifestation of God, the Almighty Supreme Lord; and therefore, they believe, accept and see the presence/existence of God not only in all human beings all over the world but also in all other animate beings such as animals and insects, and plants and trees, and even in all inanimate things including stones and mountains. Therefore also, they look to and work for the welfare and safety of all of them.

(6) *Bharat* is a sacred land where the Celestial Beings

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living in the heaven long to take birth so that they can pursue spirituality and attain liberation of soul or *Moksha*.

(7) *Bharat* is a sacred land where the people of this country call it as their "Mother", i.e. "*Bharat Mata*" and consider themselves as her sons and daughters. They call the world or *prithwivi* also as their "Mother".

(8) *Bharat* is a sacred land, the Holy ancient Spiritual Scriptures, i.e. *Vedas*, *Upanishads*, *Smritis*, *Puranas*, *Bhagavad Gita*, *Ramayana*, *Mahabharata*, etc., of which are full of supreme religious and spiritual wisdom and are unique in the world,

(9) *Bharat* is a sacred land, whose language, viz. Sanskrit is sweet, scientific, great and unique and which is the mother of all other languages of India as well as of the world, and which is called "*Deva Bhasa*" (the language of the Celestial Beings),

(10) *Bharat* is a sacred land, which was the World Teacher which taught religious and spiritual wisdom teachings to the people all over the world through Yoga and Vedanta; and whose contribution to the world is supreme, great, unparallel and unique,

(11) *Bharat* is a sacred land, which was the World Teacher not only in religion and spiritual science but also in the fields of secular sciences, including health and medicine science through ayurveda, mathematics, astronomy, astrology, space science and technology, aero engineering, metallurgy, economics, laws, etc.; and whose contribution to the world is great, unparallel and unique. The ancient Indian *Rishis*, *Munis*, Sages, Scientists, Teachers, Scholars, Doctors made many original inventions and discoveries in different fields, a few of which are furnished below:-

Pingalachrya	Discovery and use of zero	200 BC
Vishnusmruthi	Loans and interest	100 BC

Boudhayana	Pythagorus Theorem	700 BC
Pingalachrya	Binomical Theorem	200 BC
Aryabhatta - I	Arc and Chord	499 AD
Aryabhatta - I	Triangles	499 AD
Brahmagupta	Rotation of Earth - I	629 AD
Lallacharya	Shape of Earth	700 AD
Saayana	Velocity of Light	1400 AD
Gouthama	Evolution Theory	300 BC
Kanaada	Atomic Theory	300 BC
Varahamihir	Comets	505 AD
Bhaskar - II	Gravity	1114 AD
Susrutha	Cataract operation	700 BC
Charaka	Blood circulation	300 BC

(Courtesy: Bhavan's Journal, November 15, 2012)

(12) *Bharat* is a sacred land, of which the seven great *Rishis*, viz. *Atri*, *Bhrigu*, *Angira*, *Gautam*, *Vashistha*, *Bharawaj* and *Viswamitra* find a permanent place in the sky,

(13) *Bharat* is a sacred land, where four eminent spiritual "*Dhams*" or four Great Holy Places, viz. *Badrinath Dham*, *Jagannath Dham*, *Rameshwar Dham* and *Dwarika Dham* exist,

(14) *Bharat* is a sacred land, of which the seven "*Puris*" or Towns, viz. *Ajodhya*, *Mathura*, *Haridwar*, *Kashi* or *Banaras* or *Varanasi*, *Kanchi*, *Abantika (Ujjayini)*, and *Dwarika* are holy and sacred and are the bestower of *Moksha* or liberation to their inhabitants,

(15) *Bharat* is a sacred land, of which the seven mountains or hills, viz. *Himalayas*, *Aaraabali*, *Bindhyanchala*, *Raibataka (Girnar)*, *Mahendra*, *Malaya*, *Sahayadri (Nilagiri)* are holy and sacred,

(16) *Bharat* is a sacred land, of which the seven rivers,

viz. *Ganga, Jamuna, Saraswati, Narmada, Sindhu, Kaberi* and *Godabari* are holy and sacred,

(17) *Bharat* is a sacred land, of which the five "Saraboras" or ponds viz. *Bindu Sarobara, Narayana Sarobara, Pampha Sarobara, Puskara Sarobara* and *Manasarobara* are holy and sacred,

(18) *Bharat* is a sacred land, where there are "Sada Ritus" or six seasons during the year, viz. *Basanta Ritu* (*Chaitra* and *Baisakha* months — Spring - March and April), *Grisma Ritu* (*Jyestha* and *Aashadha* months — Summer - May and June), *Varsa Ritu* (*Shrabana* and *Bhadraba* months — Monsoon - July and August), *Sharad Ritu* (*Aashwina* and *Kartika* months — early Autumn - September and October), *Hemanta Ritu* (*Margasir* and *Pausa* months — late Autumn - November and December) and *Sishira Ritu* (*Magha* and *Phalguna* months — Winter - January and February).

(19) *Bharat* is a sacred land, where trees and plants like *Peepal, Ashwatatha, Bara, Amala, Banana, Chandan, Bilwa, Mango, Tulasi*, etc. are regarded as holy.

(20) *Bharat* is a sacred land, where the people belonging to various religions and various cultures live together happily as Universal Spiritual Brothers and also as *Bharatiyas* with friendship, unity, harmony and peace.

(21) *Bharat* is a sacred land, which understands, accepts and tolerates multiple religions and multiple cultures in the country.

(22) It is stated that *Bharat* or India is the country where everything is there and if anything is not there in *Bharat* or India, it is not available in any other country of the whole world.

Culture or Sanskruti

Culture means "*Sanskruti*". "*Sanskruti*" comes from the word "*Sanskar*". "*Sanskar*" means transformation or

refinement or purification of thought, behaviour, conduct and nature of human beings. While this is the internal aspect of culture, its external aspect is reflected in the numerous practices prevalent in the outward day-to-day life of the people.

Culture can be said to be comprised of certain specific principles, values, beliefs, faiths; as well as some practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions which the human beings inhabiting in a particular geographical area have been adopting and applying in different spheres of their day-to-day life upon the earth plane. Those specific principles govern the thought, behaviour, conduct and nature of the people in their day-to-day life and living; and those practices are observed by the people in their day-to-day outward life and living. Thus, those principles and practices form the part and parcel of and constitute their particular "way of life". Those specific principles and practices also give a separate identity to the group of people inhabiting in that geographical area; and distinguish their culture from the cultures of the peoples of other geographical areas.

Before we discuss further on this topic, it is very pertinent to note here that Indian Culture or *Bharatiya Sanskruti* refers to the composite culture of thousands and one distinct and unique cultures of various sections of people belonging to different localities, states, union territories, nationalities, religions, faiths, beliefs, communities, castes, creeds, colours, classes, sections, etc. of this vast, diverse and pluralistic country. Therefore, Indian Culture or *Bharatiya Sanskruti* is comprised of the several cultures of all such divisions or sections of people living in this country. In this small write-up, it is not possible to discuss the entire Indian Culture or *Bharatiya Sanskruti*. Therefore, we will

confine our brief discussion to Indian Culture or *Bharatiya Sanskruti*, (also known as *Hindu Sanskruti*, as we will discuss later), which is being professed since the most ancient times by the people who belong to *Hindu* religion only and who are the original inhabitants of India or *Bharat*, and who constitute the vast majority of the population of this country.

Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* means the specific principles, values, beliefs, faiths; and practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions which the *Hindu* People or *Hindu Janata* of the country, known as India or *Bharatavarsha*, have been applying and adopting in different spheres of activities in their day-to-day life. Those principles, values, beliefs, faiths, etc.; and those practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions, methods of worship, etc. are derived from the *Holy Hindu* Scriptures and the Holy Lives of the *Hindu Rishis, Munis, Saints, Sages* of this sacred land of *Bharatavarsha*. The said practices have been exhorting by the *Hindu Rishis, Munis, Saints, Sages* of this sacred land of *Bharatavarsha* after examining those practices from the spiritual, religious, philosophical, social, scientific, rational angles; after applying those in their day-to-day personal life and after finding those practices as most worthy and most beneficial in human life.

Indian Culture or *Bharatiya Sanskruti* is also known as *Hindu Sanskruti*. Because, since the most ancient times, the people, the original inhabitants, of this country are being called as *Hindus*, and therefore, the Culture or *Sanskriti* adopted by them is called *Hindu Sanskruti*. (Much later, the people belonging to other religions also commenced living in this country India or *Bharat*.)

Indian Culture or *Bharatiya Sanskruti* is based on the

Vedas and therefore, it is known as *Vaidika Sanskruti* or *Vedic Sanskruti*. (The *Vedas* are said to have come from the heart of the Almighty Supreme Lord through His nostrils. The *Vedas* are said to have been revealed by God to the great *ancient Rishis* and Seers of this sacred land of *Bharatavarsha*. The *Vedas* are the records of the super-intuitive experiences gained by those great *ancient Rishis* and Seers. Therefore, the *Vedas* are called *Apaurusheya* or entirely super-human without any human author. The *Vedas* are the most ancient and the oldest scriptures of the world as nobody knows when they were revealed by God to the *ancient Rishis* and Seers. The *Vedas* are universal, unique, unparalleled, sublime, lofty, grand, greatest and ideal scriptures of the world and are meant for the entire human race upon the earth plane.

Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* comprises many such principles and practices of the *Hindu* people living in this sacred land of *Bharatvarsha*. Some most important such principles are "Four Grand Goals" (*Purushartha Chatustaya*) of human life, "Four Stages" (*Ashrama Chatustaya*) of human life, "Four Classes" (*Varna Chatustaya*) of human beings in the society, "Four Spiritual Qualifications" (*Sadhana Chatustaya*), "Law of Action" (*Karmaphala Siddhanta*) and the "Doctrine of Rebirth" (*Punarjanma Siddhanta*). The practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions, etc. of the Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* are prevalent/ found in different spheres of human activities in the day-to-day life of the *Hindu* people of this country including births, marriages, deaths, food, dresses, fashions, hair style, dance, drama, art, music, sculpture, scriptures, literature, worship, etc. Those principles and practices constitute the part and parcel of their specific "way of life". In this small write-up, we will discuss in brief

about some very important principles and practices of Indian Culture or *Bharatiya Sanskruti* in the following paragraphs.

One important principle of Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* is the principle of "Four Grand Goals" (*Purushartha Chatustaya*) of human life. Those are *Dharma* or Ethical value, *Artha* or Economic value, *Kama* or Vital value and *Moksha* or Spiritual value.

The first grand goal of human life is *Dharma* or Ethical value. The word *Dharma* is a Sanskrit word and is said to be derived from the root *Dhr* - to hold, - and its etymological meaning is 'that which holds' this world, or the people of the world or the whole creation from the microcosm to the macrocosm. *Dharma* generally means performance of one's prescribed duties keeping in view his nature (*Varna*) and stage (*Ashrama*) in life. *Dharma* is also generally stated as righteousness expressed in the day-to-day conduct in human life. Further, *Dharma* means ethical values like truthfulness, non-violence, purity, honesty, love, compassion, forgiveness, tolerance, selflessness, brotherhood, etc. These values are said to be the essentials or the internal aspect of *Dharma*. These values are common human values and are universal in nature, meant to be practised by all human beings upon this earth plane irrespective of their religion, nationality, cast, creed, faith and belief. *Dharma* also means the different practices, observances, customs, traditions, rites, rituals, ceremonies, festivals, methods of worship of God, etc. which the people belonging to various *dharmas* or religions have adopted in their day-to-day life. These practices are said to be the non-essentials or the external aspect of *Dharma*. These practices are different in different *dharmas* or religions, faiths, beliefs, castes, creeds, sects, nations, etc. of the world and are meant to be practised by the respective followers of different *dharmas* or religions of the world. These differences

are due to, as our Saints and Sages say, different types of aptitudes, temperaments, capacities, etc. of different human beings; and also different social needs and cultural traditions of different sections of people in different historical times and in different geographical areas in different parts the world.

Dharma is also said by our Saints and Sages to be the relationship amongst human beings, the world and God, the Creator.

Dharma is regarded as the first, foremost, fundamental, foundational and basic value in human life. This is also the primary value or primary grand goal of ideal human life. *Dharma* is indispensable in human life.

The second grand goal of human life is *Artha* or Economic value. *Artha* means earning of money and acquiring of material wealth. Human beings need *Artha* to meet the basic and other secular necessities of life of themselves and their family members, such as food, clothing, house, medicines, education of children, their marriages, engagement in some occupation/business/profession, etc., in order to help/ ensure their earthly physical existence and to live a reasonably comfortable life upon the earth plane. They require *Artha* also to meet their various kinds of social and national needs and obligations. In addition, they need *Artha* to carry out their *Dharmik* (religious) and *Aadhyatmik* (spiritual) pursuits/ activities in life.

Artha is the secondary value or secondary grand goal of ideal human life. *Artha* is inevitable in human life.

The third grand goal of human life is *Kama* or Vital value. It means fulfillment of various types of vital worldly and secular human desires i.e. physical, biological, mental, psychological and emotional desires. With the help of *Artha* or money and material wealth, human beings fulfill their

various vital worldly and secular desires.

Like *Artha*, *Kama* is the secondary value or secondary grand goal of ideal human life. *Kama* is also inevitable in human life.

The fourth grand goal of human life is *Moksha* or Spiritual value. It means attainment of *Moksha* or liberation of soul from the cycle of births and deaths or union of the individual soul with the Supreme Soul, its original source. It is called Self-realisation or God-realisation.

Moksha is the supreme value or supreme grand goal of human life. Like *Dharma*, *Moksha* is also the primary grand goal of ideal human life. *Moksha* is indispensable, rather most indispensable, in human life.

Next, let us discuss in brief about the principle of "Four Stages" (*Ashrama Chatustaya*) of human life. Those are *Brahmacharya Ashrama* or student life, *Grihastha Ashrama* or householder's life, *Vanaprastha Ashrama* or retired life and *Sannyasa Ashrama* or renounced life.

The first stage of human life is *Brahmacharya Ashrama* or student life. Student life and youth period is extremely precious, because during this period the human mind remains in a very tender and impressionable state and therefore, this stage is very conducive for building one's life. During this stage, one equips himself with all that is necessary in order to live the next three stages of human life successfully, prosperously, happily and peacefully. During this stage, he builds his life by laying its foundation properly and strongly, with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. He also builds the superstructure of his future life completely, properly, strongly and nicely, with adherence to righteousness or ethical code of conduct, acquiring of money and material wealth, fulfillment of vital worldly desires and

attainment of liberation of soul from the cycle of births and deaths. Students build their lives in the above manner so that they can live a successful human life, i.e. for living the human life both economically and materially prosperously as well as spiritually happily and peacefully.

The second stage of human life is *Grihastha Ashrama* or householder's life. Having built a proper and strong foundation of life during the student life and youth period, students get married and enter into householders' life. During such life, the householders procreate children in order to keep up their lineage and fulfill the divine wish of *Lord Brahma*, The Creator, i.e. continuing the Creation. They earn money and acquire material wealth in order to meet their day-to-day basic and other secular necessities of the earthly life of themselves and their family members such as food, clothing, house, medicines, education of children, their marriages, engagement in some occupation/business/vocation/profession, etc. in order to ensure their physical existence and to live a reasonably comfortable life upon the earth plane; meet their various kinds of family, social and national needs, duties, responsibilities and obligations; carry out their *Dharmik* (religious) and *Aadhyatmik* (spiritual) pursuits in life, etc. During *Grihastha Ashrama* or householder's life, they also perform their duties and responsibilities towards the people belonging to other three *Ashramas*, i.e. *Brahmacharya Ashrama* or student life, *Vanaprastha Ashrama* or retired life and *Sannyasa Ashrama* or renounced life.

The third stage of human life is *Vanaprastha Ashrama* or retired life. Having fulfilled the duties of the householder's life as stated above, raising children, arranging their education, making them capable of standing on their own legs and finishing their marriage, the householders take

retirement from their professional life as well as family life and lead a retired life. With enough leisure time and vast professional experience and expertise, they render selfless service or *paropakara* to the people of the society during this stage. Also, the husbands and the wives gradually start remaining away from their family life, and they, together, start devoting their time for pilgrimage, study, prayer, meditation, etc. Thus, they start preparing themselves for the last journey. Then they start getting detached from the secular life and attached to the spiritual life. This stage is thus a preparation for the fourth and the last stage of human life.

The fourth stage of human life is *Sannyasa Ashrama* or the life of renunciation. This is the last stage of human life. This is the sun-set period in one's life when all worldly relationship and connections are now coming to a close. During this period, one devotes his full time in his spiritual pursuit of Yoga and Vedanta and lives a completely spiritual life. He detaches his mind from the passing world and fixes the same upon the Almighty Supreme Lord. He remains absorbed in contemplation of God and moves towards God-experience or Self-realisation. This is the supreme grand goal of ideal human life, which results in *Moksha* or liberation of the soul from the cycle of births and deaths or union of the soul with the Supreme Soul, which alone bestows everlasting happiness and eternal peace.

Next, let us discuss in brief about the principle of "Four Divisions or Four Classes" (*Varna Chatustaya*) of people in the human society. Those are *Brahmana* class, *Kshatriya* class, *Vaishya* class and *Shudra* class. (In this connection, it is most significant to note here that the correct meaning or the correct interpretation of the Sanskrit word "*Varna*" is said to be "Division" or "Class" or "*Shreni*" of people in the human society according to one's (i) nature or aptitude or "*Svabhava*"

or quality or "*Guna*" and (ii) duty or conduct or kind of work or "*Karma*", but not "Caste" or "*Jati*" of people in the human society according to one's birth. It is said by the *Rishis*, *Munis*, Saints and Sages to be "division of work" of people in the society. It is also said by the *Rishis*, *Munis*, Saints and Sages to be "classification" of people but not "castification" of people.)

The philosophers, teachers, priests, pundits, ministers, counsellors, etc. who have the aptitude for knowledge and wisdom are called the *Brahmanas*. They were looking after the spiritual and intellectual affairs of the people in the country. The warriors who defend the country and protect the people and fight with enemies and invaders are called the *Kshatriyas*. They were in charge of political and defence works of the country. Those who carry on business and agriculture are called the *Vaishyas*. They were taking care of the food and economic affairs of the people of the country. The others who serve the said three classes of people are called the *Shudras*. They were doing the menial works in the society.

This principle of "Four Divisions or Four Classes" (*Varna Chatustaya*) of people has its origin in the *Vedas*, the most ancient scripture of the human race in the world. *Purusha-Sukta* of the *Rig-Veda*, verse number 13 says as under:-

“ब्राह्मणोऽस्य मुखमासीत् । बाहू राजन्यः कृतः ।

ऊरु तदस्य यद्वैश्यः पद्भ्यां शुद्रो अजायत ।।” (पुरुषसूक्तम् - १३)

"The *Brahmanas* came out from the face of the Lord, the Creator, the *Kshatriyas* from His arms, the *Vaishyas* from His thighs and the *Shudras* from His feet."

In the *Srimad Bhagavad Mahapurana* also (*Skandha*/Part-11, Chapter - 17, Verses -13 & 14), *Bhagavan Sri Krishna* tells *Uddhaba* that:-

Be good. Do good. — Swami Sivananda

“विप्रक्षत्रियविट्शूद्रा मुखबाहूरुपादजाः ।

वैराजात् पुरुषाज्जाता य आत्माचारलक्षणाः ॥”

(श्रीमद् भागवत महापुराण, स्कन्ध - ११, अध्याय - १७, श्लोक - १३)

“गृहश्रमो जघनतो ब्रह्मचर्यं हृदो मम ।

वक्षःस्थानाद् वने वासो न्यासः शीर्षणि संस्थितः ॥”

(श्रीमद् भागवत महापुराण, स्कन्ध - ११, अध्याय - १७, श्लोक - १४)

"The *Brahmanas* came out from the face of the *Virata Purusha*, the *Kshatriyas* from His arms, the *Vaishyas* from His thighs and the *Shudras* from His feet. They are identified according to their own nature (*svabhava*) and conduct (*aacharana*). *Bhagavan Sri Krishna* further tells *Uddhaba* that He is also the *Virata Purusha*; hence, *Grihasthashrama* came out from His thighs, *Brahmacharyashrama* from His Heart, *Vanaprasthashrama* from His chest and *Sanyasashrama* from His head."

Also, *Lord Krishna* states in the *Bhagavad Gita* that:-

“चातुर्वर्ण्यं मया सृष्टं गुणकर्मविभागशः ।

तस्य कर्तारमपि मां विद्यकर्तारमव्ययम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - ४, श्लोक - १३)

"The four castes were emanated by Me, by the different distribution of qualities and actions. Know Me to be the author of them, though the actionless and inexhaustible." (*Bhagavad Gita*, Chapter - IV - 13).

As regards the three qualities or *Gunas* of human beings viz. *Sattva* (purity), *Rajas* (passion) and *Tamas* (inertia), which are born of nature; and the duties performed by the four classes of people, viz. *Brahmanas*, *Kshatriyas*, *Vaishyas* and *Shudras*, according to their nature or *Svabhava*, *Lord Krishna* says in the *Bhagavad Gita* as under:-

“न तदस्ति पृथिव्यां वा दिवि देवेषु वा पुनः ।

सत्त्वं प्रकृतिजैर्मुक्तं यदेभिः स्यात्त्रिभिर्गुणैः ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४०)

"There is no being on earth or again in heaven among the gods, that is liberated from the three qualities born of Nature". (*Bhagavad Gita*, Chapter - XVIII - 40)

“ब्राह्मणक्षत्रियविशां शूद्राणां च परन्तप ।

कर्माणि प्रविभक्तानि स्वभावप्रभवैर्गुणैः ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४१)

"Of *Brahmanas*, *Kshatriyas* and *Vaishyas*, as also of *Sudras*, O *Arjun*, the duties are distributed according to the qualities born of their own nature". (*Bhagavad Gita*, Chapter - XVIII - 41)

“शमो दमस्तपः शौचं क्षान्तिरार्जवमेव च ।

ज्ञानं विज्ञानमस्तिक्यं ब्रह्मकर्म स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४२)

"Serenity, self-restraint, austerity, purity, forgiveness and also uprightness, knowledge, realisation, and belief in God are the duties of the *Brahmanas*, born of (their own) nature". (*Bhagavad Gita*, Chapter - XVIII - 42),

“शौर्यं तेजो धृतिर्दाक्ष्यं युद्धे चाप्यपलायनम् ।

दानमिश्वरभावश्च क्षात्रं कर्म स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४३)

"Prowess, splendour, firmness, dexterity and also not fleeing from battle, generosity and lordliness are the duties of the *Kshatriyas*, born of (their own) nature". (*Bhagavad Gita*, Chapter - XVIII - 43),

“कृषिगौरक्ष्यवाणिज्यं वैश्यकर्म स्वभावजम् ।

परिचर्यात्मकं कर्म शूद्रस्यापि स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४४)

"Agriculture, cattle-rearing and trade are the duties of the *Vaishyas* (Merchants), born of (their own) nature"; and action consisting of service is the duty of the *Shudras* (servant-class) born of (their own) nature". (*Bhagavad Gita*, Chapter - XVIII - 44).

Further, there are three qualities or *Gunas* as has been described in our Holy ancient Spiritual Scriptures, viz. *Sattva* (purity), *Rajas* (passion) and *Tamas* (inertia). These three qualities are stated to be found in varying proportions in the human beings. Those persons in whom *Sattva Guna* (purity) preponderates are called *Brahmanas*. In some persons in whom *Rajas Guna* (passion) is predominant are called *Kshatriyas*. In those persons in whom *Tamas Guna* (inertia) is predominant are called *Vaishyas* or *Shudras*.

It is also stated that when *Sattva Guna* is predominant in the mind of a person, he is called a *Brahmana*, when *Rajas Guna* prevails in his mind, the same person is called a *Kshatriya* and when *Tamas Guna* predominates his mind, he is called a *Vaishya* or a *Shudra*. Thus, even if the person is the same, he is called either a *Brahmana* or a *Kshatriya* or a *Vaishya* or a *Shudra* depending upon the *Guna* which is found predominant in his mind at a particular period of time.

Accordingly, as our *Rishis*, *Munis*, Saints and Sages say, if one is a *Brahmana* by birth having been born in a *Brahmin* family but leads an immoral and unethical life, he can not be called a *Brahmana*, but as a *Shudra* even if born in a higher or *Brahmana* family. Similarly, even if one is a *Shudra* having been born in a lower or *Shudra* family, but if he leads a virtuous and pious life, he can be called a *Brahmana*.

There have been some wrong interpretations or aberrations of *Varnashrama* and some have abused the caste system. One major aberration is that in course of time, the son of a *Brahman* performed the duties of his father, following it as the family traditional occupation, irrespective of whether he is fit for becoming a *Brahman* or not. This phenomenon continued generation after generation. Thus, the son of a *Brahman* was called a *Brahman*. The same phenomenon was observed in cases of *Kshatriyas*, *Vaishyas*

and *Shudras* also. As such, aberration was observed in the original caste system based on distribution of qualities and actions, and it was mistakenly believed that castes are determined not by the different distribution of qualities and actions but chiefly by one's birth. But this notion, as our Saints and Sages say, is incorrect. This is a wrong interpretation of the wonderful caste system. Therefore, it needs to be shunned.

A prominent abuse of the caste system is that people belonging to some castes started considering themselves as superiors to others by mere birth, without possessing the required qualities, and consider others as inferiors to them. For example, the *Brahmans* think that they are superior and the *Kshatriyas*, *Vaisyas* and *Sudras* are inferior to them. Similarly the *Kshatriyas* think that the *Vaisyas* and *Sudras* are inferior to them, and the *Vaisyas* think that the *Sudras* are inferior to them. Our Saints and Sages say that this consideration is against the original idea and spirit of the wonderful caste system and therefore, it needs to be shunned.

Regarding the caste system, Swami Sivananda Saraswati says, amongst other things, that:-

Quote: "THE LAW OF SPIRITUAL ECONOMICS"

The underlying principle in caste system or Varna Dharma, is division of labour. Rishis studied human nature carefully. They came to the conclusion that all men were not equally fit for all kinds of work. Hence, they found it necessary to allocate different kinds of duties to different classes of people, according to their aptitude, capacity or quality. The Brahmanas were in charge of spiritual and intellectual affairs. The work of political administration and defence was given to the Kshatriyas. The Vaisyas were entrusted with the duty of supplying food for the nation and administering its economic welfare. The Sudras did menial

work. The Rishis felt all these needs of the Hindu nation and started the system of Varnas and Asramas.

This division of labour began in Vedic times. The Vedas taught that the Brahmana was the brain of the society, the Kshatriya its arms, the Vaisya its stomach, and the Sudra its feet.

There was a quarrel between the senses, the mind and the Prana as to who was superior. There was a quarrel amongst the different organs and the stomach. If the hands quarrel with the stomach; the entire body will suffer. When Prana departed from the body, all the organs suffered. The head or stomach cannot claim its superiority over the feet and hands. The hands and feet are as much important as the stomach or head. If there is quarrel between the different castes as to which is superior, then the entire social fabric will suffer. There will be disharmony, rupture and discord. A scavenger and a barber are as much important as a minister for the running of the society. The social edifice is built on the law of spiritual economics. It has nothing to do with superiority or inferiority. Each class contributes its best to the common weal or world-solidarity. There is no question of higher and lower here." **Unquote.**

Swami Sivananda Saraswati also says that **Quote:** "In the West and in the whole world also, there is Varnashrama, though it is not rigidly observed there. Some Western philosophers have made a division of three classes, viz., philosophers, warriors and masses. The philosophers correspond to the Brahmanas, warriors to Kshatriyas and the masses to Vaisyas and Sudras. This system is indispensable to keep the society in a state of perfect harmony and order." **Unquote.**

Swami Sivananda Saraswati further says that:-

**Quote: "USE AND ABUSE OF THE CASTE
SYSTEM**

The Hindus have survived many a foreign conquest on account of their caste system. But they have developed class jealousies and hatred in the name of the caste system. They have not got the spirit of co-operation. That is the reason why they are weak and disunited today. They have become sectarians in the name of the caste system. Hence there is degradation in India.

The caste system is, indeed, a splendid thing. It is quite flawless. But the defect came in from somewhere else. The classes gradually neglected their duties. The test of ability and character slowly vanished. Birth became the chief consideration in determining castes. All castes fell from their ideals and forgot all about their duties. Brahmanas became selfish and claimed superiority over others by mere birth, without possessing due qualifications. The Kshatriyas lost their chivalry and spirit of sacrifice. The Vaisyas became very greedy. They did not earn wealth by honest means. They did not look after the economic welfare of the people. They did not give charity. They also lost the spirit of sacrifice. Sudras gave up service. They became officers. They wished that others should serve them. The greed and pride of man have created discord and disharmony.

There is nothing wrong in Varnasrama. It is arrogance and haughtiness in men that have brought troubles. Man or the little Jiva is imperfect. He is full of defects. He is simply waiting for claiming superiority over others. The Brahmana thinks that the other three castes are inferior to him. The Kshatriya thinks that the Vaisya and Sudra are inferior to him. A rich Sudra thinks that he is superior to a poor Brahmana or a poor Kshatriya or Vaisya.

At the present moment, the Varnasrama system exists in name only. It has to be rebuilt properly. Brahmanas, Kshatriyas, Vaisyas and Sudras, who have fallen from their ideals and who are not doing their respective duties, must do

their respective duties properly. They must be educated on right lines. They must raise themselves to their original lofty level. The sectarian spirit must die. They should develop a new understanding heart of love and devotion, with a spirit of co-operation, sacrifice and service." **Unquote**

Next, let us discuss in brief about the principle of "Four Spiritual Qualifications" (*Sadhana Chatustaya*) which one must acquire in order to enter into the spiritual pursuit for realisation of the Supreme Being. Those are *Viveka* (discrimination), *Vairagya* (dispassion), *Shat-sampat* (six-fold virtues) and *Mumukshutva* (strong yearning for liberation).

The first Spiritual Qualification is *Viveka* (discrimination). It means exercising of our intelligence for our own good and welfare, i.e. discrimination between righteousness (*dharma*) and unrighteousness (*adharma*), truth (*sad*) and untruth (*asad*), permanent (*nitya*) and temporary (*anitya*), Self (*Atma*) and non-Self (*Anatma*).

The second Spiritual Qualification is *Vairagya* (dispassion). *Raga* means attachment or *Asakti*. *Vairagya* means detachment or *Anasakti*. *Vairagya* means developing disgust or turning away from all that is ignoble, gross, petty and unworthy and developing love for all that is noble and worthy. *Vairagya* means detachment towards the former and attachment towards the latter.

The third Spiritual Qualification is *Shat-sampat* (six virtues). Those are:-

(1) *Sama* (mental control and discipline):- Practice of *Sama* leads to control of the five *Jnana-Indriyas* (organs of knowledge), viz. ears, skin, eyes, tongue (taste) and nose (smell).

(2) *Dama* (restraint of senses):- Practice of *Dama* leads to control of the five *Karma-Indriyas* (organs of action), viz.

speech, hands, feet, genitals and anus.

(3) *Uparati*:- *Uparati* means self-withdrawal or extreme abstinence.

(4) *Titiksha*:- *Titiksha* means the power of endurance.

(5) *Sraddha*:- *Sraddha* is unshakable faith in the existence of *Brahman*, in the teachings of the *Guru* and in the scriptures. It also means faith in oneself. This is not blind faith but it is based on accurate reasoning, evidence and experience.

(6) *Samadhana*:- *Samadhana* means mental balance, equipoise and calm.

The fourth Spiritual Qualification is *Mumukshutva*. *Mumukshutva* means burning desire for attaining liberation of soul from the cycle of births and deaths.

Next, let us discuss in brief about the principle of "Law of Action" (*Karmaphala Siddhanta*). The Law of Action or the Law of *Karma* is universal, inexorable and immutable. It is one of the fundamental doctrines of our Indian culture or *Bharatiya Sanskruti*. It is there not only in Hinduism but also in Buddhism and Jainism. This law states that "As you sow, so shall you reap". Accordingly, good actions or ethical actions or righteous actions or virtuous actions bestow good results, and bad actions or unethical actions or unrighteous actions yield bad results. This can be illustrated with an example. If one sows mango seed, there will be a mango tree and it will bear sweet mango fruits. But if one sows neem seed, there will be a neem tree and it will bear bitter neem fruits. Similarly, if one touches fire, his fingers will burn and he will feel the heat sensation. But if one touches ice, his fingers will become cold and he will feel the coolness of the ice.

Then let us discuss in brief about the principle of the "Doctrine of Rebirth" (*Punarjanma Siddhanta*). The

"Doctrine of Rebirth" is said to be a corollary to the Law of Action or the Law of *Karma*. The fruits of actions or *karmas*, either good or bad, do not get exhausted without enjoying or suffering the same. And all actions or all *karmas* performed by one during his life time do not bear fruits in his present birth alone. Some actions or *karmas* bear fruits in subsequent or future birth(s). Therefore, after one's death, he takes another birth or even a number of births in order to enjoy or suffer the fruits of the actions or *karmas* performed by him in his past births. Also our Holy ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that each human being, according to his actions or *karmas*, has to take lakhs of births and deaths in different species of life upon the earth plane before his soul attains liberation from the cycle of births and deaths.

As regards rebirth, *Lord Krishna* says in the *Bhagavad Gita*:-

“देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा ।

तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥”

(श्रीमद् भगवद् गीता, अध्याय - २, श्लोक - १३)

"Just as in this body the embodied (soul) passes into childhood, youth, and old age, so also does it pass into another body; the firm man does not grieve thereat". (*Bhagavad Gita*, Chapter - II - Verse - 13).

“वासांसि जीर्णानि यथा विहाय

नवानि गृह्णाति नरोऽपराणि ।

तथा शरीराणि विहाय जीर्णा-

न्यन्यानि संयाति नवानि देही ॥”

(श्रीमद् भगवद् गीता, अध्याय - २, श्लोक - २२)

"Just as a man casts off worn-out clothes and puts on new ones, so also the embodied Self casts off worn-out bodies

and enters others which are new." (*Bhagavad Gita*, Chapter - II - Verse - 22).

“बहूनि मे व्यतीतानि जन्मानि तव चार्जुन ।

तान्यहं वेद सर्वाणि न त्वं वेत्थ परन्तप ॥”

(श्रीमद् भगवद् गीता, अध्याय - ४, श्लोक - ५)

"Many births of Mine have passed as well as of thine, O Arjuna; I know them all but thou knowest not, O Parantapa (scorcher of foes)." (*Bhagavad Gita*, Chapter - IV - Verse - 5).

The above sayings of *Lord Krishna* speak about the doctrine of rebirth.

As regards the practices of Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti*, we will discuss in this small write-up only one very important practice, from amongst the numerous ones which are prevalent/ found in different spheres of human activities and in different aspects of life in the day-to-day life of the *Hindu* people of this country including births, marriages, deaths, food, dresses, fashions, hair style, dance, drama, art, music, sculpture, scriptures, literature, worship, etc. and therefore, which are diverse, wide-ranging and very large in numbers. This one important practice covers the entire life period of the *Hindu* people from birth, or even before birth, to death and is called by the name "*Shohala Sanskars*" or "Sixteen Rites". Our various scriptures prescribe different types of rites or *sanskars*. However, the main sixteen rites or *shohala sanskars* are: (1) *Garvadhan Sanskar* (Rite before conception for purification of semen and womb), (2) *Punsabana* (Rite after *Garvadhan Sanskar* and after conception for purification and protection of womb), (3) *Simantonnayana Sanskar* (Rite for physical and mental health of the child inside the womb), (4) *Jatakarma Sanskar* (Rite after child's birth for removal of

the ill effects of the liquid food taken from the mother while remaining inside her womb and for good health of the child and the mother), (5) *Namakarana Sanskar* (Rite after the birth of the child for giving a name for increase in life span and radiance or *Teja* and for acquiring success in *loukik vyavahara* or day-to-day dealings), (6) *Niskramana Sanskar* (Rite for bringing the child to outside for seeing the sun), (7) *Annaprashana Sanskar* (Rite for feeding the child with corn or solid food), (8) *Chudakarma Sanskar* (Rite for cutting of the hair from the child's head for increase in strength, life span and radiance or *Teja* of the child), (9) *Akshrambha Sanskar* or *Bidyarambha Sanskar* (Rite for commencing education of the child), (10) *Upanayana Sanskar* (Rite before commencement of study of the child under a Teacher by wearing the sacred thread or *Jajnopavita* for making him fit for study), (11) *Keshanta Sanskar* (Rite for shaving of the child's hair), (12) *Samabartana Sanskar* (Rite for termination of the student's celibate life after completion of study and for returning to home for entering into household life), (13) *Bibaha Sanskar* (Marriage Rite for entering into household life), (14) *Banaprastha Sanskar* (Rite for commencement for forest dwelling), (15) *Paribrajya Sanskar* (Rite for complete renunciation of worldly connections and living the renounced life) and (16) *Antyesthi Sanskar* (Death Rite for peace of the departed soul).

Special features or characteristics or greatness of Indian Culture or *Bharatiya Sanskruti*

The special features or characteristics or greatness of Indian Culture or *Bharatiya Sanskruti* are innumerable and can not be described in details. However, some most important features or characteristics are stated as under:-

(1) Indian Culture or *Bharatiya Sanskruti* is eternal or *sanatana* as it has come from the Vedas, which having come

from the heart of the Almighty Supreme Lord through His nostrils and revealed to the great ancient *Rishis* and Seers of this sacred land of *Bharatavarsha*, are eternal or *sanatana*.

(2) Indian Culture or *Bharatiya Sanskruti* is the most ancient and the oldest culture of the world as it has come from the *Vedas* which are the most ancient and the oldest Spiritual Scriptures of the world, because nobody knows when they were revealed by God to the ancient *Rishis* and Seers of this sacred land of *Bharatavarsha*.

(3) According to Indian Culture or *Bharatiya Sanskruti*, the people of this country believe that God is One. In other words, the *Bhagavana* of the Hindus, the *Allah* of the Muslims and the God of the Christians, the Almighty Supreme Being, are One. They also believe and see the same "Self" or "*Aatma*", which is the "*Ansha*" or "Part" of the "*Paramatma*" or "God", in all people of the whole world irrespective of their religion, faith, belief, caste, creed, class, sect, colour, region, language, culture, etc., which are so numerous and diverse in our country as well as in the world. In other words, they believe that the "*Paramatma*" or "God" resides in all people of the whole world. And therefore, they believe that all people of the whole world are universal brothers. Thus, they believe from, spiritual point of view, in the "Common Fatherhood of one God" and "Universal Brotherhood of all human beings" upon this earth planet. Therefore, they believe that the Whole Universe is One Family (वसुधैव कुटुम्बकम्).

(4) According to Indian Culture or *Bharatiya Sanskruti*, the people of this country see the whole creation as the manifestation of God, the Almighty Supreme Lord; and therefore, they believe, accept and see the presence or existence of God not only in all human beings all over the world but also in all other animate beings such as plants and

trees, and animals and insects, and even in all inanimate things including stones and mountains.

(5) Indian Culture or *Bharatiya Sanskruti* envisages and provides for achievement of "Four Grand Goals" (*Purushartha Chatustaya*) of ideal human life by all human beings in order that human beings can live an ideal, successful, complete, integrated, purposeful, prosperous, happy and peaceful life upon this earth plane. Those four grand goals are *Dharma* (righteousness), *Artha* (economic prosperity), *Kama* (vital worldly desires) and *Moksha* (liberation of Soul). It accords primary and supreme place to *Dharma* (righteousness) and *Moksha* (liberation of Soul) in human life, and therefore, according to Indian Culture or *Bharatiya Sanskruti*, human life is predominantly *Dharmik* (religious or righteous) and *Aadhyatmik* (spiritual). *Dharma* and *Adhyatma* are the life's part and parcel and the very life breaths of the people of this country called India or *Bharat*. Nevertheless, it does not ignore *Artha* (economic prosperity) and *Kama* (vital worldly desires), but recognises, accepts and accords those two grand goals their due places in human life. This arrangement has been prescribed in order to enable human beings to achieve *Moksha* or liberation of their individual Souls from the cycle of births and deaths or Union or Merger of the individual Soul with the Supreme Soul, The God, which is the supreme grand goal of ideal human life upon this earth plane. Achievement of *Moksha* or liberation of the individual Soul results in attainment of everlasting happiness and eternal peace, and cessation of worldly sorrows and sufferings. And achievement of *Artha* (economic prosperity) and *Kama* (vital worldly desires), being governed and regulated by *Dharma* or righteousness, result in living an economically

and materially prosperous, as well as a comfortable, contended, satisfying and happy life upon this earth plane.

(6) Indian Culture or *Bharatiya Sanskruti* envisages and provides for adherence to *Varnashrama Dharma*, i.e. *Dharma* of people belonging to *Varna Chatustaya* or "Four Divisions or Four Classes", i.e. *Brahmanas* (Philosophers), *Kshatriyas* (Warriors), *Vaishyas* (Merchants) and *Shudras* (Servants); and *Dharma* in *Ashrama Chatustaya* or "Four Stages" in human life, i.e. *Brahmacharya Ashrama* (Student Life), *Grihastha Ashrama* (Householder Life), *Vanaprastha Ashrama* (Retired Life) and *Sanyasa Ashrama* (Renounced Life). This arrangement is stated to have been prescribed in human life in order to enable human beings to achieve gradual evolution towards God, the Supreme Being, their "Original Source".

(7) According to Indian Culture or *Bharatiya Sanskruti*, since the people of India or *Bharat* believe in the principles of (a) Common Fatherhood of one God (b) Universal Brotherhood of all human beings upon this earth planet, (c) The Whole Universe is One Family (वसुधैव कुटुम्बकम्), they pray to God for the good health, prosperity, well-being, happiness and peace of all people of the whole world as: (d) May all people of the world be free from diseases, (सर्वे सन्तु निरामयाः), (e) May all people of the world become prosperous, (सर्वेषां मङ्गलं भवतु), (f) May all people of the world become happy, (सर्वे भवन्तु सुखिनः), (g) May all people of the world become peaceful, (सर्वेषां शान्तिर्भवतु), etc.

(8) In Indian Culture or *Bharatiya Sanskruti*, the people worship *Gayatri* (Goddess Gayatri), *Guru* (Spiritual Preceptor), *Gita* (Srimad Bhagavad Gita), *Gomata* (Mother cow) and *Ganga* (Goddess-river Ganga) with great reverence and devotion as most holy.

(9) In Indian Culture or *Bharatiya Sanskruti*, the people

believe in and treat "Mother as God" (मातृदेवो भव), "Father as God" (पितृदेवो भव), "Acharya or Guru as God" (आचार्यदेवो भव), and "Atithi or Guest as God" (अतिथिदेवो भव) and pay them respects accordingly.

(10) In Indian Culture or *Bharatiya Sanskruti*, the male persons treat the females with love, affection and great respects and keep them in high reverence. The females are regarded as embodiments of creation and preservation; and as the embodiments of *seva* (service), *tyaga* (sacrifice), patience, endurance, renunciation, love, affection, kindness, forgiveness, etc. They are called "*Dharmapatni*", because they save their husbands from downfall; urge, inspire, motivate and support them to live *Dharmik* (Religious) and *Aadhyatmik* (Spiritual) life; and remain present and participate in performance of *dharmik* or religious actions and *pujas* by their husbands. They are treated as "*Ardhangini* or Half-body" of their husbands. The male persons offer very high place to them in the family and in the society. Our Holy ancient Spiritual Scriptures say that the Gods reside in those families where the females are worshiped. They are also regarded as *Devi* or Goddess *Laxmi* and Goddess *Durga*. Similarly, the females exhibit genuine love and true devotion to their husbands. They treat their husbands as Gods and exhibit their such feeling in their daily dealings and conduct towards them. They regard them as *Deva* or God *Narayana* and pay them respects accordingly.

(11) In Indian Culture or *Bharatiya Sanskruti*, there is prevalent of Joint Family system in the society, which is highly helpful, supportive, advantageous and beneficial for all members of the joint families.

(12) The education system for students in the centres of education called "*Gurukulas*" or "*Rishikulas*" in the ancient time under Indian Culture or *Bharatiya Sanskruti* is

unique. The system of education was life-building, character-building and man-making. The students were imparted moral, ethical, religious and spiritual education, in addition to secular education on different subjects.

(13) In Indian Culture or *Bharatiya Sanskruti*, the *Guru-Shishya* (Preceptor-Disciple or Teacher-Student) relationship is intimate, noble, special and unique. The disciples or students or *shishyas* repose utmost "*shraddha*" (love) and "*vishwas*" (faith) on their teachers and show great "*bhakti*" (devotion) and pay highest respects to them. The Preceptors or Teachers or *Gurus* extend genuine and unalloyed love and affection to their students.

(14) Indian Culture or *Bharatiya Sanskruti* is broad, inclusive and pluralistic. It also sees "Unity in diversity". It understands and believes that the *Bhagavana* of the Hindus, the *Allah* of the Muslims and the God of the Christians, the Almighty Supreme Being, are One and that the people belonging to different religions, faiths, beliefs, caste, creed, class, sect, colour, region, language, cultures, etc. all over the world, are the children of One God and therefore, they are one. It also believes that all religions of the whole world are one, all religions speak of the same essential truths of religion, and that "Truth is one, but the *Bipras* or the Wise Ones speak "It" in different ways". Therefore, it understands, accepts and tolerates the religions and cultures of others and gives place to such religions and cultures in its fold. Therefore also, together with the people of the Hindu religion, the people belonging to Muslim and the Christian religions as well as all other religions live amicably, cordially, harmoniously and peacefully in this Hindu majority country.

(15) Also, from the national point of view, as well as, as a part of patriotism and loyalty to our country and sense of belongingness and togetherness, the people of our country

maintain and feel unity amongst themselves and consider themselves all as "Indians" or "*Bharatiyas*" in spite of multiple diversities such as religious diversity, cultural diversity, racial diversity, linguistic diversity, social diversity, geographical diversity, regional diversity, economic diversity, political diversity, etc. in our country.

(16) Indian Culture or *Bharatiya Sanskruti* is broad, generous, compassionate and tolerant. It understands, accepts and tolerates the religions and the cultures of others. Therefore, it has tolerated many foreign invasions. Due to such invasions, Hindu Religion and Hindu Culture have seen degeneration many-a-time in the past. But, in spite of the same, they have risen again and they survive in all ages and in all times, because they are eternal religion or *sanatana dharma* and eternal culture or *sanatana sanskruti* based on the *Vedas*, the eternal and God-given Holy ancient Spiritual Scripture of the world.

In view of the above special features or characteristics of Indian Culture or *Bharatiya Sanskruti*, it is regarded as the universal, unique, unparalleled, sublime, lofty, grand, great, glorious and ideal culture of the world.

In spite of the great greatness and the grand glory of our country India or *Bharat*; and the great greatness and the grand glory of our Indian Culture or *Bharatiya Sanskruti* as stated above, we, the vast modern men, do not believe in and do not accept the same. Because, due to abolition of our country's religious, spiritual and cultural education, and study of our country's Sanskrit language; and introduction of English language and placing of greater emphasis on western system of education in our schools, colleges, universities and other educational institutions by Thomas Babington Macaulay in 1835 during British rule in our country with an

ulterior motive*, we remained ignorant about our own country and our own culture (the knowledge about which are contained in our Holy ancient Spiritual Scriptures which have been written in Sanskrit language) and came to know about the western country and western culture (through English language). And then we developed a mind-set to like whatever is western or English. We developed so much of such liking for western country and western culture that we developed dislike and aversion towards our own country and our own culture. We feel ashamed and lowly to talk of our own country and our own culture, what to speak of following the same in our life. But we feel very proud, high and modern in liking and following western culture which is not our own,

* This is very much clear from the following excerpt from the reported speech of Thomas Babington Macaulay delivered by him in the British House of Commons on the 02nd February 1835 when there was British rule in our motherland India or Bharat:-

"I have travelled the length and breadth of India and I have not seen one person who is a beggar, who is a thief. Such wealth I have seen in this country, such high moral values, people of such caliber that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and great than their own, they will lose their self esteem, their native cultures and they will become what we want them a truly dominated nation."

Mr. Macaulay had also reportedly said "We must do our best to form a class who may be interpreters between us and the millions whom we govern, a class of persons Indian in blood and colour, but English in taste, in opinions, words and intellect."

which is not suitable to us and which is not meant for us. We have in the process lost our self-pride and our self-esteem; and are suffering from irreparable damages and incurring permanent losses in our life.

We do not study our Holy ancient Spiritual Scriptures neither we are capable of doing so as we are ignorant of our Sanskrit language. We also do not listen to the discourses of our Holy Saints and Sages delivered in the languages of our country. And even if we happen to listen to such discourses, we do not believe in their sayings and do not accept the same. But, if the westerners speak the same thing in English language what our Saints and Sages say, then we readily believe in them and readily accept their sayings. In this blind manner we have built our mind-set.

In this situation of such western mind-set, let us go through a few comments, observations, opinions and views of some western philosophers, thinkers, educationists, scientists and eminent personalities about our country and about our culture, and after reading the same, we will know, believe and accept the great greatness of our own country and our own culture:-

Dr. Paul Brunton who has devoted his life to the study of Indian philosophy and Yoga holds: "That the West has little to learn from present-day India, I shall not trouble to deny but that we have much to learn from Indian sages of the past, and from the few live today, I unhesitatingly assert... The secret India's spiritual life still exists, despite storms of political agitation which now hide it, and I have tried to give authentic record of more than one adept who has attained a strength and serenity for which we lesser mortals wistfully yearn". (A Search in Secret India, pages 5 & 7).

Nicholas Roerich says: "Himalayas! Here is the Abode of Rishis. Here resounded the sacred Flute of Krishna. Here

thundered the Blessed Gautama Buddha. Here originated all Vedas. Here lived Pandavas... Here - Aryavarta. Here is Shambala. Himalayas - Jewel of India. Himalayas - the sacred symbol of Ascent... Oh, Bharata the Beautiful! Let me send Thee my heartfelt admiration for all the greatness and inspiration which fill Thy ancient Wisdom, for glorious cities and temples, Thy meadows, Thy Deobans, Thy sacred Rivers and Majestic Himalayas".

The great French savant, Sylvain Levi says: "From Persia to the Chinese Sea, from the icy regions of Siberia to the islands of Java and Borneo, from Oceania to Sacotra, India has propagated her beliefs, her tales, her civilisation; she has left indelible imprints upon one fourth of the human race in the course of a long succession of centuries. She has the right to reclaim in universal history the rank that ignorance has refused her for a long time and hold her place amongst the great nations summarising and symbolizing the spirit of humanity".

About a hundred years ago while delivering his lectures at Cambridge in 1882, Professor Max Muller, an eminent modern German educationist, said: "If we were to look over the whole world to find out the country most richly endowed with all the wealth, power and beauty that nature can bestow - in some parts a very paradise on earth - I should point to India". The professor continued, "If I were asked under what sky the human mind has most fully developed some of its choicest gifts, has most deeply pondered over the greatest problems of life, and has found solutions of some of them which well deserve the attention even of those who have studied Plato and Kant - I should point to India. And If I were to ask myself from what literature, we in Europe...may draw the corrective which is most wanted in order to make our inner life more perfect, more comprehensive, more

universal, in fact more truly humane a life, not only this life, but a transfigured and eternal life - again I should point to India".

Will Durant, a well-known modern American historian, says: "India was the motherland of our race, and Sanskrit the mother of Europe's languages; she was the mother of our philosophy; mother, through the Arabs, of much of our mathematics; mother, through the Buddha, of the ideals embodied in Christianity; mother, through the village community, of self government and democracy. Mother India is in many ways, the mother of us all."

(Students can read the book "Great Minds on India" by Salil Gewali, published by Academic Publications, Gewali Cottage, Upper Mawprem, Shillong, Meghalaya, PIN - 793002 to know more such comments, observations, opinions and views of some western minds on India and Indian Culture).

In view of the foregoing discussions, our country, our motherland India or *Bharat* is a great, glorious, lofty, unique and ideal country in the world.

In view of the foregoing discussions, our India Culture or *Bharatiya Sanskruti* is also the great, glorious, lofty, unique and ideal culture of the world.

Therefore, let us love our great country India or *Bharat* and our great India Culture or *Bharatiya Sanskruti* and let us follow our great India Culture or *Bharatiya Sanskruti*. Let us live our life on the pattern as has been envisaged and exhorted in our India Culture or *Bharatiya Sanskruti*. And then, let us shine as "A True *Bharatiya*", radiate as "A Real *Bharatiya*" and feel proud to be "A Genuine *Bharatiya*". And thus, let us live our most precious human life upon this earth plane successfully, completely, purposefully, prosperously, happily and peacefully. And thus, let us live our life ideally.

Building of Noble Character – Its Great Necessity for our Modern Students

Sri Mohan Lal Agrawal

Meaning: - Noble character or *satcharitra* means the aggregate of various good qualities which constitute an individual person.

Necessity: - Noble character or *satcharitra* is the third foundation which is necessary for building of human life.

(i) By building noble character or *satcharitra*, the foundation of human life can be proper and strong, and also upon such foundation, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived successfully i.e. economically and materially prosperously as well as spiritually happily and peacefully; and also it can be lived ideally.

But without noble character or *satcharitra* i.e. with base or pitiable or undesirable character or *asadcharitra*, the foundation of human life will be improper and weak. And upon such an improper and weak foundation, the superstructure of human life can not be constructed completely, properly, strongly, nicely and successfully, and if constructed, it will become weak, may not last long and may fall down. Consequently, the future human life will be filled with failures, sorrows, sufferings, miseries and unhappiness, both in the secular and professional life as well as in the spiritual life.

As all human beings always want success, victory, prosperity, happiness and peace, building of noble character is badly necessary in human life.

Be good. Do good. — Swami Sivananda

(ii) Noble character or *satcharitra* is stated as humanly and is treated as synonymous with human being. Noble character or *satcharitra* is also stated as the essence of a human being. Our *Rishis*, *Munis*, Saints and Sages say that without noble character or *satcharitra* a man is like an animal with a human body, because a man without noble character or *satcharitra* performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character or *asatcharitra* is animalistic. Therefore, building of noble character or *satcharitra* is extremely necessary in human life.

(iii) Further, one's character or *charitra* finds expression in the form of his actions in the day-to-day life; and according to the universal and immutable Law of *Karmas* or Actions i.e. "As you sow, so shall you reap", ethical conduct or righteous actions bestow good results and unethical conduct or bad actions yield bad results. As such, noble character or *satcharitra* will result in performance of ethical conduct or righteous actions or virtuous actions or *sadachara*. Such righteous actions will bestow good results. Thereby, human beings can achieve real success both in their professional and secular life as well as in their spiritual life. And also human life can be ideal, successful, complete, purposeful, prosperous, happy and peaceful.

Similarly bad character or *asatcharitra* will result in performance of unethical conduct or unrighteous actions or *asadachara*. Such unrighteous actions will yield bad results. Thereby, human beings can not achieve victory, happiness, peace and real success either in their professional and secular life or in their spiritual life. And also human life will be filled with failures, sorrows, miseries, unhappiness and peacelessness in the real sense.

And as all human beings always want good results, prosperity, success, victory, happiness, peace, etc. in their life, building of noble character or *satcharitra*, which finds expression in performance of good actions, is badly necessary in human life.

In view of the foregoing, there is a great necessity for building of noble character or *satcharitra* in human life.

Importance: - Noble character or *satcharitra* is the most important foundation of human life.

(i) As discussed above, noble character is stated as humanly and is treated as synonymous with human being. Noble character is also stated as the essence of a human being. Our *Rishis*, *Munis*, Saints and Sages say that without noble character a man is like an animal with a human body, because a man without noble character performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character is animalistic. Therefore, as the oft-quoted proverb goes, "When money is lost, nothing is lost. When health is lost, something is lost. But **when character is lost, everything is lost.**" Such is the importance of noble character.

(ii) Noble character is stated as the real, greatest and the strongest power which the human beings need the most in order to achieve victory, happiness and real success in all endeavours in their life. Noble character is more powerful than the physical power and the mental power.

(iii) Noble character is the most important ingredient which contributes a great deal towards building of an excellent and magnetic personality in a student. Noble character is the most valuable wealth which a human being can and ought to possess. Noble character is also stated as the most precious ornament which a woman can and ought

to wear.

(iv) A human being with a noble character can achieve real success, victory, true prosperity, real happiness and peace in his professional and secular life. He can also perform his spiritual practices or *aadhyatmik sadhana* easily, smoothly, efficiently and effectively and achieve success in his spiritual life. Thereby, he can cross the ocean of *sansara* or the worldly existence and reach the other shore of human life easily, smoothly, efficiently and safely. That means, he can achieve *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or God-realisation easily and safely, which is the final and supreme destination of human life upon this earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal Indian Culture.

But without noble character i.e. with base or pitiable or undesirable character, a human being can not achieve real success, victory, true happiness and peace in his life. Instead, he will have to undergo many difficulties and encounter many obstacles both in his professional and secular life as well as in his spiritual life. Consequently, his whole life will be full of failures, sorrows, miseries, unhappiness and peacelessness in the real sense. Without noble character, the superstructure of human life will crumble down.

(v) Further, noble character will result in performance of ethical conduct or good conduct or virtuous conduct in human life. Ethical conduct, in accordance with the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", will shape the future destiny of human beings into a good one. As a result, human beings will reap good results and will achieve success, victory, happiness, peace throughout their whole life i.e. both professional and secular

life as well as spiritual life. But base or pitiable or undesirable character will result in performance of unethical conduct. Performance of unethical conduct will shape the future destiny of human beings into a bad one. As a result, human beings will reap bad results and will have failures, defeat, unhappiness, peacelessness throughout their whole life i.e. both professional and secular life as well as spiritual life.

Such is the importance of noble character or *satcharitra*, the third and the strongest foundation of human life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages attach greatest importance to noble character or *satcharitra* and place highest emphasis on its cultivation and development.

Thus, noble character or *satcharitra*, more than the good physical health and powerful mind, is most important. Our ancient Spiritual Scriptures, our *Rishis*, *Munis*, Saints and Sages, and our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also place great emphasis on building of noble character or *satcharitra*. Because, building of noble character or *satcharitra* leads to performance of ethical conduct or *sadachara* which results in creation of good destiny.

Manner: - Noble character or *satcharitra* can be built by (a) cultivation of (i) student-like good qualities such as obedience, humility, respectfulness, love (*shraddha*), devotion (*bhakti*), faith (*bishwas*), friendliness, self-control, discipline, etc. (ii) student-empowerment qualities such as faith in oneself, self confidence, courage, patience, fortitude, optimism, encouragement, hard-working nature, etc. and (iii) human-like good qualities such as truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism, etc.; by (b) eradication of bad qualities like lust, anger, greed, selfishness,

hatred, jealousy, arrogance, fear, timidity, pessimism, etc.; and by (c) observance of celibacy which gives great mental strength to cultivate good qualities, eradicate bad qualities; and firmly and resolutely adhere to noble character or *satcharitra* in all circumstances and in all situations, good or bad, favourable or adverse, throughout the entire life.

It is necessary for students to acquire knowledge about each such good quality in order to understand the same well and then develop it. Similarly, they should acquire knowledge about each evil quality, understand the same well and then eradicate it. They can acquire knowledge about the same by studying the Lesson No. 6 on "Noble Character" (*Satcharitra*) in Volume - 9 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati.

Nevertheless, in this small write-up, we will discuss about one most important student-like good quality, i.e. "Obedience" and one most important human-like good quality, i.e. "Truth". We will also discuss one dreadful evil quality, i.e. "Anger".

OBEDIENCE

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

Quote "Obedience is willingness to obey commands.

Obedience is submission to or compliance with a command, prohibition, known laws, or rule of duty. It is the performance of what is required or enjoined or the abstaining from what is prohibited. Obedience is submission to authority as obedience to a person or to a law.

To obey is better than sacrifice.

He who obeys only can command or rule.

The man who commands efficiently must have obeyed others in the past and the man who obeys dutifully is worthy

of being someday a commander.

From obedience spring all other virtues.

True obedience neither procrastinates nor questions.

Obedience is the mother of success, and is wedded to safety.

Let your child's first lesson be obedience.

Wicked men obey from fear; good men from love.

Command is anxiety; obedience is ease. Goodness is a river that follows from the lotus feet of the Lord by the path of obedience.

If the heart is not satisfied, obedience is not truly performed by the body." **Unquote**

The Story of Aaruni

In ancient time, students were studying in *Gurukulas*, *Rishikulas* or *Ashramas* established by *Rishis*, *Munis*, *Maharshis*, the *Brahmavidya Gurus*. They were residing inside the *Gurukulas* and *Rishikulas*. While studying there, they were also cultivating the *Ashrama's* crop fields, grazing *Ashrama's* cows, collecting fruits, roots, firewood, *samidha*, etc. In the *Ashrama* of *Maharshi Dhoumya* there were many students. Prominent amongst them were *Aaruni*, *Upamanyu* and *Veda*.

Once, at the close of the rainy season, one day it was raining heavily in the evening. *Maharshi Dhoumya*, the *Guru*, thought that if the *Ashrama's* crop field would get overfilled with rain water, then the boundary wall of the crop field would break and there would be a passage. In that case, the entire water of the crop field would flow away through that passage. And if there would be no rain afterwards, then the crop of the field would get dried up and damaged. Therefore, he called his student *Aaruni* and told him "My son *Aaruni* ! Please go the *Ashrama's* crop field and ensure that the water in the crop field does not flow away in case its boundary

wall breaks due to the heavy rain."

In obedience of his Guru's instructions, *Aaruni* immediately went to the *Ashrama's* crop field even if it was raining heavily. On reaching, he observed that at one spot, the boundary wall had been washed away due to heavy rainfall, a passage had been created and water was flowing away heavily through that passage. *Aaruni* started putting in clay at that passage in order to check the flow of water from the crop field. But the clay was damp and the forceful current of the flowing water of the crop field was washing away all the clay put therein by *Aaruni*. Thus, *Aaruni* failed to make good the damage caused in the boundary wall. Then, finding no other way, *Aaruni* himself lied down at that passage and thereby, the flow of water from the crop field through that passage could be checked.

Aaruni remained lie down the whole night at the passage in the crop field. Slowly, he started feeling very cold. Also, severe pains affected his whole body. In spite of the same, he did not move out an inch from the passage or even did not change his side fearing that water from his *Guru's Ashrama's* crop field would flow away through that passage. Instead, he kept himself lie down there during the whole night.

In the *Ashrama*, the students use to offer salutations to their *Guru Maharshi Dhoumya* every day in the morning after performing their *sandhya* and *havana*. In the morning of the following day, *Guru Maharshi Dhoumya* observed that all students came to offer him their salutations but *Aaruni* was not seen. He asked the students about *Aaruni*. The students replied "Yesterday evening, you had sent *Aaruni* to the *Ashrama's* crop field to ensure that its boundary is not damaged due to heavy rainfall and water does not flow away from the field. Since then, *Aaruni* has not come back".

Hearing this, *Guru Maharshi Dhoumya*, along with his other students, rushed to the *Ashrama's* crop field in search of *Aaruni*. On reaching there, he shouted the name of *Aaruni*. But *Aaruni* was not able to speak due to exposure to cold throughout the night. Somehow, he could manage to answer the call of his *Guru* with much difficulty. Then the *Maharshi* located that spot, reached *Aaruni* and found him lying down at that spot of the crop field. He immediately lifted up his obedient student *Aaruni* with his arms, embraced him and blessed "My son *Aaruni* ! All *vidyas* will dawn in you of their own accord because of your obedience of *Guru's* instructions". Thanks to such blessings of his *Guru Maharshi Dhoumya*, *Aaruni* could learn all *vidyas* without any study and became a great learned man.

Such is the benefits of "obedience" to one's *Guru*. Therefore, students ought to develop and keep up the good quality of obedience to their Teachers.

TRUTHFULNESS

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

Quote "Srutis emphatically declare "*Satyam Vada* - speak truth. *Satyameva Jayate Nanrutam* - Truth alone triumphs but not false hood." God is Truth and Truth must be realised by speaking the Truth. A truthful man is absolutely free from worries and anxieties. He has a calm mind. He is respected by society. If you observe speaking truth for twelve years, you will get Vak Siddhi. Then what ever you speak will come to pass. There will be power in your speech. You can then influence thousands.

Your thought should agree with your words and the words should agree with your actions. In the world people think of one thing, say another thing and do another thing. This is horrible. This is nothing but crookedness. You must

carefully watch your thoughts, speeches and actions. The little gain that you get by telling lies is no gain at all. You pollute your conscience and infect your subconscious mind. The habit of telling lies is carried to your next birth also and you undergo suffering from birth to birth. Have you ever thought over this matter? Be very serious and stop the evil habit of telling lies from this very second.

The name of Harishchandra is even now a household word because he was a truthful man. He stuck to his principles of speaking truth at all costs. He never cared for his wife or dominion. He underwent all sorts of suffering. He was truthful to the very last. Visvamitra tried his level best to make him a liar. He failed in all his various schemes. Truth alone triumphed in the end.

Write in bold types the words "SPEAK TRUTH" on card boards and hang them in different places in your house. This will remind you, when you are about to speak any lie. You will check yourself at once. A time will come when you will be established in the habit of speaking truth. Punish yourself by fasting if you tell a lie and record the lies in the diary. Gradually the number of lies will decrease and you will become a truthful man." **Unquote**

The Story of Abdul Qadir Jilani

This is a story of about one thousand years' old. There was a place named Jilan in the country of Iran. A boy named Abdul Qadir Jilani was born in that place. He lost his father in his childhood. Then his mother took his care and brought him up.

Qadir had a strong desire to study well and become a learned man. But Jilan being a small place, there was no good facility for education. Therefore, he requested his mother to send him to Bagdad for study. His mother persuaded him not to go to Bagdad which was a very distant

place and the road was lonely. But Qadir was determined to go there. Then his mother decided to send him to Bagdad. During those days, there was no facility of communication to travel to Bagdad. Therefore, people were not going there. Only, merchants used to go to Bagdad on foot in small groups for their business purposes and they were carrying their business merchandise on camels.

When a group of merchants were to travel to Bagdad, Qadir's mother arranged his journey to Bagdad with them. Before departure, Qadir's mother stitched one pocket inside the old coat of Qadir, put therein forty gold coins and told her son "My son ! Your father had left this much of wealth only. Expend the same very judiciously. Yes, one thing more. Remember to speak the truth at all costs and even if your life is in danger. Allah is kind. He will protect you".

Qadir commenced his journey to Bagdad in company of the group of merchants. It was a long as well as lonely journey. During the journey, robbers used to attack the travelling merchants at lonely spots. At one such spot, a gang of robbers attacked the group of merchants. They looted away all merchandise of the merchants and also thrashed them. As Qadir was a small boy, the robbers ignored him thinking that he might not be having any wealth. When the gang of robbers was leaving, one robber asked Qadir if he had any wealth. Qadir replied "Yes, I have forty gold coins". The robber scolded him thinking that Qadir was playing jokes with him. But Qadir brought out those forty gold coins from his coat pocket and showed the same to the robber. Seeing this, the robber got astonished. The robber reported the matter to his *Sardar*, the gang leader. The *Sardar* asked Qadir "O boy! You know that we are robbers. We will snatch away all your gold coins. Still then, why did you show the same to us ?" Qadir replied "O *Sardar* ! My mother had advised me to speak

the truth at all costs even if my life is in danger. Allah is kind. He will protect me". Hearing this, the *Sardar* became dumb-founded. His cruel heart was moved and got melted. He thought "Great is this boy. How simple is he ! How truthful is he ! And how cruel we are who loot the innocent people !". The *Sardar* and his companion robbers started lamenting for their wrong actions. They returned all the gold coins to Qadir. They also returned all the merchandise which they had looted from the merchants. They gave up their bad action of robbery for ever.

Qadir reached Bagdad with the group of merchants safely and prosecuted his study there. He completed his education at Bagdad well and came back. Later on, he became a great saint named Abdul Qadir Jilani Bade Pir Sahab.

Qadir spoke the truth before the robbers. And Allah protected him from them. This is how God protects those who speak the truth in all circumstances.

Therefore, students ought to develop the good quality of "Truth" and speak the truth in all circumstances.

ANGER (*KRODHA*)

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

Quote "Anger is a negative Vritti or whirlpool in the mind lake. It is born of ignorance.

It is a strong emotion, excited by a real or fancied injury and involving a desire for retaliation.

Anger is the natural passion or emotion of displeasure and antagonism aroused by injury or insult, real or imagined, and directed against the cause thereof. Anger arises from an idea of evil having been inflicted or threatened.

Anger is often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party.

It begins in folly and ends in repentance.

The fire you kindle for your enemy, burns yourself.

When anger arises, think of the consequences. It will soon subside.

You think of objects of senses. Attachment to these objects develops. From attachment desire is born. From desire anger comes forth. From anger proceeds delusion; from delusion confused memory; from confused memory the destruction of reason; from destruction of reason you perish.

Raga or attachment is a long-standing associate of anger.

Control anger through patience, enquiry, self-restraint, love and meditation. This is manly and divine. This is wise and glorious.

To become angry for trifling things is mean, childish and brutal.

When you are angry, count twenty before you speak. If you are very angry, count one hundred.

An angry man is again angry with himself when he comes to his senses.

When anger is on the throne, reason takes to its heels.

Be always ready to forgive the faults of others. Kill the spirit of revenge. Return good for evil.

Anger begins from folly or weakness. It ends with remorse and repentance. Act not in a furious passion.

He who is influenced by anger is like one intoxicated with a strong liquor.

Fury, indignation, choler, ire, temper, irritation, rage, resentment, wrath are synonymous with anger.

Displeasure is the mildest and most general word. 'Temper' is used in the sense of anger. This is colloquial. We say: "Mr. Johnson is a man of hot temper, a fiery temper."

Anger is sharp, sudden and brief. Resentment is persistent. It is the bitter brooding over injuries. Exasperation,

a roughening, is a hot superficial intensity of anger, demanding instant expression.

Rage drives one beyond the bounds of prudence or discretion. Fury is stronger and sweeps one away into uncontrollable violence.

Anger is personal and usually selfish, aroused by real or supposed wrong to one self. Indignation is impersonal and unselfish displeasure at unworthy acts. Pure indignation is not followed by regret and needs no repentance. It is also more self-controlled than anger. Anger is commonly a sin. Indignation is often a duty. We speak of "righteous indignation."

Wrath is deep and vengeful displeasure. It simply expresses the culmination of righteous indignation without malice in a pure being.

Anger is a stronger term than resentment, but not so strong as "indignation" which is awakened by what is flagitious in character or conduct; nor as wrath, fury, rage in which anger is wrought up to a still higher point in the order of these words. Anger is a sudden sentiment of displeasure; resentment is a continued anger; wrath is a heightened sentiment of anger. **Unquote**

An imaginary Story of Arun and Varun

Arun and Varun were classmates. Arun was short tempered by nature and used to get angry easily. But Varun was of calm and composed nature. He used to remain peaceful. They were good friends. But, on many occasions, Arun used to get angry with Varun even over petty matters.

Both Arun and Varun were meritorious students but Arun was somewhat weak in mathematics. Arun used to approach his friend Varun and request for getting his doubts in mathematics cleared whenever he needed. Varun, as a good friend, used to help his friend Arun and cleared his doubts even if Arun used to get angry with him on many occasions.

Once, Arun became very angry with Varun over a trifling issue and scolded him a little more although Varun had no fault at all. Varun got severely hurt and was unable to forget the wrong behaviour of Arun. A few days later, they were to appear their final degree examination. Arun was in utter need of clearing his doubt on one question of mathematics just in the previous night of the examination day. He requested Varun to help him by clearing his doubt. But Varun could not yet forget the wrong behaviour of Arun on that day and therefore, he avoided to help him. The doubt of Arun remained uncleared. Next day, both of them appeared the degree examination on mathematics paper. Surprisingly, Arun found the same mathematical question, carrying twenty marks, in the question paper, but could not answer it as he had doubt on the same problem. Varun could answer the same question correctly.

The result of the degree examination was declared in due course. Arun could not secure first class in the examination for shortage of fifteen marks only. But Varun stood first. Had Varun clarified his doubt on that day, Arun could have answered that question in the mathematics paper and could have secured twenty marks more and then, he could have secured first class in the examination. Arun felt very sorry for not being able to secure a first class like his friend Varun.

Within a few months, there was an advertisement in a newspaper for recruitment of officers in an eminent and national level organisation. The post carried lucrative salary. The eligibility criterion for applying for that post stipulated, among other things, a first class pass in the degree examination. Varun, by virtue of having secured first class in the degree examination, could be eligible to apply for that post. He submitted his application, appeared the tests and

was selected for that post. He joined that post and earned handsome salary every month. But Arun, who failed to secure first class in the degree examination, could not apply for that post and lost a very good opportunity to get appointment in a lucrative post in that national level organisation. And he felt severe agony. Had he not got angry and had he not scolded his friend Varun on that day, Varun would have cleared his doubt, and he would have answered that mathematical question in the degree examination, secured twenty marks more and thereby, he would have stood first. In that case, he would have fulfilled the eligibility criterion, applied for that post, appeared the tests and could have been selected. Then he would have joined that post and earned good salary every month like his friend Varun. Now that he could not do so, he started lamenting a lot for his wrong action of having got angry with Varun and having scolded him over a trifling issue. He lost that opportunity in his life for ever. Thus, he lost a great thing for a small wrong action performed by him.

This is how one who gets angry loses, and then he laments and suffers himself in his life. Such is the adverse consequence of the evil quality of "Anger".

Therefore, students ought to eradicate the bad quality of "Anger" and remain calm, composed and peaceful in all circumstances.

Benefits: - There will be a large number of benefits by building of noble character or *satcharitra*, such as (i) one will be rightly called a "true human being", because noble character is stated as synonymous with human beings, (ii) one will be far away from animalistic or beastly qualities, (iii) one's conduct in the day-to-day life, resulting from his noble character, will be ethical or good or righteous or virtuous, which will bestow good results, victory, success, happiness and peace, both in his professional and secular

life as well as in his spiritual life according to the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", (iv) one's ethical conduct, resulting from his noble character, will shape his future destiny into a good one, (v) one will be very wealthier because noble character is stated as the most valuable wealth, (vi) women will remain well protected because noble character is stated as the real protector, (vii) one will be very powerful because noble character is stated as the real power, (viii) one's noble character will contribute towards building of an excellent and magnetic personality.

However, in spite of the above, our students and youth do not make any efforts to build noble character. Thereby, they deprive themselves of a large number of benefits in their life. Instead, they undergo sorrows, sufferings, miseries and failures, etc. in their future life. And then, they repent and repent for not having built noble character during their student life and youth period.

In view of the foregoing, it is wisest for our students and youth to make their best endeavours to build noble character and derive immense benefits for themselves, both in their professional and secular life as well as in their spiritual life. Thereby, they can live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life.

Practical ways to build noble character:- After acquiring knowledge about the great necessity, invaluable importance and immense benefits of noble character or *satcharitra*, our students must be curious, eager and interested to know how to build the same. Building of noble character or *satcharitra* is also most vital in the life of human beings as it is the essence of human life. In view of the same, let us discuss in brief about the practical ways in which our

students can build noble character or *satcharitra* by adopting some methods and tools as advised by Swami Sivananda Saraswari.

However, before that, let us discuss one aspect in this regard. In each person we observe some good qualities as part of his character. Such good qualities are found inborn in him which were developed and acquired by him in his past births, and those good qualities find natural and spontaneous expression in his character and conduct in the day-to-day life in his present birth.

Certain good qualities are developed and acquired by one in his present birth after, consciously or unconsciously, observing those in the day-to-day conduct of his mother, father, other family members, teachers, class mates, friends as well as other persons around him in the society. He observes those good qualities in them and considers those qualities to be worthy of adoption in his life. He gets influenced by those qualities, and becomes inspired and encouraged to accept, emulate and adopt those qualities in his life. Then he makes endeavours, develops and acquires those good qualities. In this manner, he develops and acquires those good qualities in his present birth.

One also chooses some good qualities by himself and considers the same to be necessary and worthy of development in his life. Then he consciously makes endeavours to cultivate, develop and acquire those good qualities in his life of his own accord. In this manner also, one develops and acquires some good qualities in his present birth. In this connection, let us discuss in brief about the practical ways to develop good qualities by adopting some methods and tools as advised by Swami Sivananda Saraswari.

Let us take one good quality as an example. One considers that courage is a good quality and then he wants to

acquire the same. He can develop this good quality of courage by adopting the following practical method and tools:-

(i) Conviction:- First acquire knowledge about “courage” and thereafter, please build firm conviction in your mind to develop courage. Because, firm conviction will drive you to make necessary endeavour in the matter,

(ii) Desire:- Please have a strong desire to possess courage. If you do not have a desire, please create it. Then attainment of courage will be easy, like supply comes when there is demand, as this is the law,

(iii) Willingness:- Please create willingness in your mind to develop courage. Will follows desire like a dog following the master. Willingness is very important, because, then your mind will be positive and permissive, and it will open the door for you to develop courage,

(iv) Interest:- Please develop interest in your mind to develop courage because interest is the driving force which will propel you to make the required endeavour with inclination, dedication, commitment, sincerity and earnestness,

(v) Resolve:- Please make a resolve to develop "courage" and write down the same in the "Resolve Form" for the new year. (Please see the "Resolve Form" designed by Swami Sivananda Saraswati in Lesson No. 20 in Volume — 14 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati). This is a very effective tool for development of new good quality,

(vi) Deep Thinking:- Please think deeply, preferably in the morning hours, for some time, say 10 minutes, (a) by having a clear-cut image of the quality of courage, (b) about the great necessity and importance of possessing courage and (c) about the immense advantages and benefits of possessing

courage. During such deep thinking, please repeat and renew your resolve to develop courage. Consequent upon such deep thinking, the thought of developing courage will get strongly established in the subconscious mind, which will help one greatly to put the thought into practice in his day-to-day life. This is the central point and is of utmost importance. This is also a very effective tool for development of new good quality,

(vii) Mental Affirmation:- Please repeat the words "OM COURAGE" mentally and with all firmness in your command. Please also mentally affirm repeatedly and feel deeply for some time in your mind that you really possess courage. Such mental repetition and affirmation will also enter into your subconscious mind and will get reflected in your life's daily actions. This is also very important. This tool also is very powerful and effective for development of new good quality,

(viii) Actual practice:- Please commence actual practice to develop courage, i.e. please show or exhibit courage at the time of fear in the day-to-day activities of your life,

(ix) Continuance of practice:- Please repeat the practice again and again during the whole day. Swami Sivananda Saraswati says: "Always positive overcomes the negative. This is the grand law of the nature. Please have unshakable faith and confidence that you will possess courage. This virtue will develop slowly. Please wait coolly. Please do not be discouraged. It takes some time for the development of a virtue. You are bound to succeed in a short time." Please, therefore, continue the practice to develop courage through out regularly, sincerely, tenaciously, devoutly with strong determination, firm commitment, high positiveness, great encouragement and constant

perseverance. This is also very very important,

(x) Overcoming difficulties, obstacles, failures:- You are most likely to face many difficulties, obstacles, failures many times while practising development of courage in your daily life, like meeting frequent failures in life's other fields of activities also. But you need not get discouraged for such difficulties, obstacles, failures and need not give up the practice. Rather, you should continue to practise courage in your daily life with firm conviction, strong determination, great patience, self motivation, high encouragement, optimistic mind, sense of success, persistence and perseverance, in your own interest and for your own highest welfare and supreme good. Thereby, ultimately you will achieve success in your practice. You should remember that "Nothing is impossible in the world", "Failures are the pillars of success" and "Practice makes a man perfect". You should also repeatedly think of the gains or benefits which you will derive by developing courage in your daily life. Because such thinking will inspire, encourage and motivate you to keep continuing the practice till success is achieved,

(xi) Daily Diary writing:- Please maintain a "Daily Diary" and write down therein in the night the number of times you failed to show courage at the time of fear during the whole day. As Swami Sivananda Saraswati says, maintenance of a daily diary is a very powerful and effective tool and will ensure rapid progress in your practice. It will teach, guide and goad your mind to develop courage. (Please see the "Spiritual Diary" format designed by Swami Sivananda Saraswati in Lesson No. 20 in Volume - 14 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati).

(xii) Daily Introspection:- Introspection means

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studying one's mind by himself in solitude. Please do introspection daily, preferably at night before sleeping. During daily introspection, please study or watch your mind carefully to know whether you are progressing or remaining stationary or retrograding in development of the virtue of courage. If you are not progressing or if you are remaining stationary or if you are retrograding, you must take the remedial actions to stop remaining stationary or retrograding and to make progress in your practice. Then, as Swami Sivananda Saraswati says, you will achieve rapid progress in your practice of development of the virtue of courage. Daily Introspection is also a very powerful and effective tool for development of new good quality.

In this way, the quality of courage and also other good qualities or virtues can be developed.

Swami Sivananda Saraswati says that if somebody develops one good quality, then other good qualities can be developed easily as the latter follow the former. In this manner, one can develop the desired good qualities and build one's noble character.

Modern Students, Indian Culture and Character Building

Rabi Chandra Udgata, Founder-Principal,
Montessori Public School, Bolangir

विद्या ददाति विनयं विनयाद्वाति पात्रताम् ।
पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततः सुखम् ॥

(Learning bestows humility. Humility confers worthiness. Worthiness leads to attainment of wealth. With wealth, one performs *dharma* or right conduct. Performance of *dharma* or right conduct bestows happiness.)

Modern Students

Our modern students are being brought up by their modern parents, educated by their modern teachers and come in contact with modern people around them in the society. Therefore, unfortunately, the vast majority of our modern students, as well as the vast majority of us, the grown-ups, are presently leading a life based on western culture, ignoring our own ancient Indian culture. This is due to two broad reasons. The first reason is that we were ruled by the Britishers for more than 200 years and have been educated in the western education system introduced by them by replacing our Indian education system. Therefore, we have been highly influenced by western thoughts and western culture; we imitate the same; and we build our lives and live the same on the pattern of western culture. The second reason is that, we are ignorant, for no fault of us, about our own culture as the same is not taught to us either at our homes or in our educational institutions. Also we do not study our ancient scriptures by our own accord; and we do not listen to the discourses of our Indian Saints and Sages and even if we happen to listen to the same, we, with western mind-set

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created by our education imparted in the western education system, do not believe in their discourses and advices and do not accept the same.

The modern education system, being based on western culture, has been teaching us mainly two things, first, to earn money, acquire properties and amass wealth; and second, to enjoy the worldly comforts, luxuries by using the money so earned and the properties so acquired, and thereby, to enjoy from the same worldly pleasures through our various senses. Thereby, we seek to derive happiness and peace in our lives. But, it has been the experience of the vast majority of the modern grown-up men that the sensual pleasures so derived by them do not last long, and their extinction propel us to earn more and more money, acquire more and more properties; and by using the same, enjoy those sensual pleasures again and again. This cycle goes on without an end. Thereby, we fail to derive happiness that is permanent and consequently, we do not get peace that is eternal. Instead, this phenomenon gives in our lives sorrows and sufferings only. This is due to the fact that the happiness of the body, mind and senses and the resultant peace that are derived by using the perishable money and perishable properties are temporary only; and temporary things can not give permanent happiness and eternal peace in human life. Also, extinction of such temporary happiness and temporary pleasures results in bringing in further sorrows and sufferings in human life. In this way, we continue to suffer from sorrows and sufferings even in the midst of plentiful material prosperity and abundant sensual pleasures. In the process, a day comes when we meet our deaths; and thus, we live our precious human life purposelessly, and in sorrows and sufferings. In this way, we are living a materialistic and sensual life; and are continuing to suffer and suffer, without deriving permanent happiness and eternal peace in our lives.

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Most of our modern students, being educated in the western education system and being ignorant of our great ancient Indian culture, follow the western culture, that too, superficially only. They imitate the dress, hair style, fashion, language, manners, etc. of the westerners. Their thought is shaped on the western manner. Their pattern of life is fashioned as per western style. They run after material growth and live a life full of fashion, passion, luxury, pleasures of body, mind and senses, etc. Thus, their future lives become predominantly materialistic and full of sensual pleasures, like the vast majority of our modern grown-up men. And therefore, their fate and plight become like that of our modern grown-up men as stated above.

Indian Culture

On the other hand, our great, glorious, lofty and ideal ancient Indian Culture and our great ancient Indian education system teach us not only how to achieve material prosperity in an ethical and righteous manner and how to enjoy legitimate sensual pleasures but also how to live our day-to-day life righteously and how to pursue spirituality in our day-to-day lives; and thereby, how to attain permanent happiness and eternal peace in our lives; and thereby, how to live a purposeful and fruitful human life. In the language of our ancient scriptures, our ancient Indian Culture and our ancient Indian education system teach us how to achieve *Artha* (material prosperity), *Kama* (worldly sensual pleasures), *Dharma* (righteousness) and *Moksha* (spirituality) in human life and live the same completely, purposefully, fruitfully, happily, peacefully and ideally. This is the type of achievements which our ancient men were attaining in their lives and this is the pattern of human life which our ancient men were living. As such, there was both prosperity and peace everywhere, in the personal lives, in the families, in the society and in the nation.

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In view of the above, it is most wise as also extremely important that our modern students are given education according to our ancient Indian education system based on our great, glorious, lofty and ideal ancient Indian Culture, combined with modern science and technology; and that they build their lives and live the same accordingly. And thereby, they can not only acquire true material prosperity and enjoy legitimate worldly pleasures, but also they can live their precious human lives righteously and spiritually and thereby, they can derive permanent happiness and eternal peace in their lives. And thus, they can live a complete, comprehensive, balanced, purposeful, worthy and ideal human life.

Character Building

Noble character helps us to lay the foundation of our lives properly and strongly. Noble character also contributes a great deal in constructing the superstructure of our lives completely, properly, strongly and ideally according to our great ancient Indian culture. Noble character leads to performance of righteous actions and righteous actions shape our future destiny and bestow good results in our lives. Noble character bestows upon us success in all fields of human activities and all walks of human life. It is said to be the essence of man. Noble character is said to be synonymous with human beings. It builds human beings as "Real Human Beings". It is their greatest and most valuable asset in life. Therefore, our modern students greatly need to attach highest importance to building of noble character following our ancient Indian culture, that too, during their precious student life itself.

In this connection, it is most worthy to note what His Holiness Shri Swami Chidananda Saraswati says:-

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Quote:- "THE ESSENCE OF BHARATIYA CULTURE

The essence of Bharatiya culture is character and the essence of character is in self-control, Samyama. All great personalities are people endowed with self-control, all people who have become immortal — Bhishma, Harischandra, Lakshmana, Markandeya, Savitri, Sita, Shivaji, Rana Pratap — all had strength of character. Therefore develop the great ideals of self-control, character, virtue, will-power and mastery over one's senses."

"NEVER IMITATE THE WEST

As the second important thing for all students and young people, I will make this request. NEVER IMITATE THE WEST in its superficial fashion and way of life. There is nothing more shameful than imitation of Western or alien cultures. It shows moral bankruptcy and that you have nothing of your own. Therefore you are trying to fill it with something which is not your own. It is most shameful for the youth of Bharatavarsha. One should never imitate.

If you want to emulate the West, emulate the good qualities of western society, cleanliness, punctuality, honesty. They are people with a sense of duty. They are industrious. They try to excel, to show their skill, they try to do their best and they are never idle. They are always conscious of their duty. In our country we don't imitate these higher qualities of western men and women, we only imitate that which is superficial. So imitation of fashion and passion, imitation of dress, hair-dress and life style — this is shameful, this is ignoble, this is not worthy."

**"LEARN YOUR CULTURE:
BE PROUD TO BE A BHARATIYA**

Be good. Do good. — Swami Sivananda

Any person who is a Bharatiya should know that his culture is a rich culture. It is full of idealism. There are many great things to learn and copy for which western people come here. Therefore better learn your culture. Better find out the rich, noble qualities of your culture and be proud that you are a Bharatiya. Cultivate for yourself a Bharatiya life style, and that Bharatiya life style is what I have just now described to you.

By the strength and power of character you can keep your senses subdued, you can control the little desires and passions of the mind - Asha, Trishna, cravings of the mind and be a master in your own home, not a slave in your house. Therefore avoid bad or impure company and do not imitate the western superficial life style. This is not necessary for us.

You must shine as an ideal Bharatiya and you must live in such a way. If western people come here they must see you and realise what you are. We have got enough light to banish the darkness that is prevailing in the material world. We have enough light to give them, to bring light upon their life's path. Guide them towards a higher goal. As a Bharatiya it is your privilege and duty to evolve this higher idealism. When you grow older you must be able to show the rest of the world the higher culture and higher ethical values for which your country stands. This is the real essence of your country's culture. Therefore do not imitate and avoid bad company." **Unquote**

In view of the above, it is most wise that our modern students follow our great ancient Indian Culture, get their education according to our ancient Indian education system, together with modern science and technology, and build their character rightly, and live their lives happily, peacefully, purposefully and ideally.

Our modern students should build their character during their student life itself. In this connection, His Holiness Shri Swami Chidananda Saraswati, highlighting the importance of building character by acquiring noble qualities during one's youth period, says:-

Quote:- "THE GOLDEN PERIOD OF LIFE

I will tell you, my beloved young friends, the individual's life between sixteen and thirty is the most precious period. That period of fourteen years is a golden period. It is the most precious period. If this period is properly managed, if you are established in virtue, self-control, purity, truthfulness, then your entire life will be full of light, full of joy, full of success. Therefore, be most careful to mould yourself in this period. In whatever shape, in whatever pattern you put your life in these fourteen years, that pattern will remain throughout your life. It will become your permanent asset, Shashwata Dharma and Aishwarya (wealth). Therefore with eagerness, with enthusiasm, wisdom, try to mould yourself into an ideal pattern. Then you have already attained victory. Whatever seal or stamp is there in this period, it will remain forever.

But if you are careless, if you don't give attention to this period, if you allow it to go here and there, if you have no self-control, then you ruin yourself. If you don't attain the most important virtue of self-control at this period, then your life is lost. No one is to blame. Therefore pay special attention and try to acquire healthy, strong habits. Your whole life should contain healthy habits. And from your life you must keep out anything unhealthy, either physically, mentally or morally." **Unquote**

Our modern students ought to take note of the above, and make sincere, genuine and earnest efforts to build noble

character during their student life and youth period following our great and glorious ancient Indian culture. This will be in their own interest and for their highest welfare and supreme good.

Valedictory Address to Modern Students

H.H. Shri Swami Sivachidananda Saraswati

(Author's Note: In ancient time, students were imparted, in accordance with our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*, the right kind of education, viz. life-building, character-building and man-making education through moral, ethical, religious and spiritual education as well as secular education by *Rishis*, *Munis*, the teachers, in educational centres known as *Gurukulas* or *Rishikulas*. During their education there, students were able to lay the foundation of their life properly and strongly with good physical health, powerful mind, noble character and ethical conduct and with strict observance of complete celibacy. Students were imparted knowledge about our country's great and glorious ancient culture and on the four grand goals of ideal human life according to our own culture, i.e. righteousness, economic prosperity, vital worldly desires and spiritual illumination, for living a successful, complete, purposeful, prosperous, happy and peaceful human life. Thus, students were coming out of the *Gurukulas* and *Rishikulas* with proper and strong foundation of their life; and rightly and adequately taught; and well prepared to live their future life completely and successfully.

Further, after completion of their education and before leaving the *Gurukulas* and *Rishikulas*, the *Rishis*, *Munis*, the teachers, were delivering convocation addresses to their students. Their convocation addresses contained some parting advices which were then considered necessary for students to observe in their future household life in the society for living their life rightly. (One such convocation address delivered by an ancient Preceptor, the Great Sage *Yajnavalkya*, to his students on completion of their education in his *Gurukula*, as contained in the *Taittiriya Upanishad*, *Siksha Valli*, *Eleventh Anuvaka* - 1 to 5, has been included in this book for study and benefits of our modern students).

Be good. Do good. — Swami Sivananda

In the modern time, students are imparted secular education only in schools, colleges and universities. They are not given life-building, character-building and man-making education through moral, ethical, religious and spiritual education. Consequently, they do not know about the same and are unable to lay the foundation of their life properly and strongly during their golden student life and youth period. They are also ignorant about our country's great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sankruti* and on the four grand goals of ideal human life to be achieved according to our own culture for living a complete, purposeful, prosperous and successful life.

Also, after completion of their education in schools and colleges, our modern students are also not given parting advices through convocation addresses regarding living of their future household life in the society rightly. However, convocation functions are arranged at universities and institutes; and dignitaries and guests from outside are invited to deliver convocation addresses to the students. Those addresses cover mostly topics relating to the respective fields of interest/ activities of the invited dignitaries and guests and in many cases, do not appear to be much related to living of future life rightly by the students, when compared with the ancient convocation addresses.

In this context, one 04 Days Student Awareness Programme on "Value Education for Life Building and Successful Living" was organised at IDM Public School, Bolangir, Odisha during November 2019 for guidance of their students, in the situation of lack of life-building, character-building and man-making education. At the end of the said programme, Swami Sivachidananda Saraswati belonging to the Divine Life Society, Rishikesh, India and the Secretary, Sivananda Centenary Boys High School, Bhubaneswar, Odisha, India delivered, in his inimitable style, the valedictory address to the participating students. That address can be termed as a convocation address to our modern students.

The said valedictory address of Shri Swamiji contains his valuable advices on all aspects of building of human life properly and strongly and living the same rightly i.e. completely, purposefully, prosperously and successfully by our modern students. Thus, the said valedictory address takes care of the complete needs of our modern students in this matter, in the present situation of lack of life-building, character-building and man-making education in the study curriculum in our modern schools, colleges and universities and also the present conditions obtaining in our modern society. In view of the same, the said address can be regarded as much more than convocation address, when compared with the ancient convocation address.

Further, in our humble view, the said valedictory address of Shri Swamiji is comprehensive and all-inclusive as well as highly enlightening and greatly inspiring. The said address is enormously valuable and profoundly beneficial for our modern students in the matter of building their life rightly during their student life and youth period and living their future life ideally and successfully. As such, it can be regarded as a life-long Universal Guide and True Companion of our modern students. Therefore, the said address has been collected and reproduced below, with the kind consent of Shri Swamiji, for study by our modern students all over for their right guidance and great personal benefits.

I most earnestly and fervently pray to our dear modern students to kindly study the aforesaid valedictory address of Shri Swamiji patiently, carefully, thoroughly and meticulously, with due earnestness and great interest; and also practise the advices contained therein earnestly, meticulously, sincerely and committedly in their day-to-day life, in their own interest and for their highest welfare and supreme good. Thereby, it is firmly believed, they will derive immense benefits for themselves.)

The above valedictory address of Shri Swamiji is reproduced as under:-

Be good. Do good. — Swami Sivananda

Part - I

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred,
anger and jealousy,
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

Part - II

Blessed students ! When the result of some good actions performed by a person in some of his past births come up to fructify, it comes as a divine blessing in the form of some good fortune and auspiciousness at a point of time in his life. Accordingly, you must have done some good actions in some of your past births which have now fructified, and the good result of the same has come to you now as a divine blessing in the form of this Students Awareness Programme on the subject of "Value Education for Life Building and Successful Living",

which shows you "The Right Path" of human life upon this earth plane. That too, it has come at this very beginning period of your life here in the world. Because, this is the right time and most suitable and appropriate period during which you need to know "The Right Path" of your life and accordingly, you need to build your life properly so that you can live your future long life successfully, that is, economically prosperously as well as spiritually happily and peacefully. You are blessed in that way. Therefore, I address you all as the "Blessed Students".

Blessed students ! In the situation of lack of life-building, character-building and man-making education or moral, ethical, religious and spiritual education, called value education, in the modern schools, colleges and universities, it is a matter of great happiness that you have successfully undergone and completed this Students Awareness Programme on the subject of "Value Education for Life Building and Successful Living".

During this short duration programme, you have been introduced to various lessons on the subject of "Life Building and Successful Living". Now you have known the meaning, necessity, importance and benefits of each lesson on the said subject. You have also been presented with a set of the Book of compilation "Youth ! Arise, Arise, Awake and Adopt the Right Path of Life" in 15 volumes, which contains detailed teachings of the great, illumined and world renowned Saints Shri Swami Sivananda Saraswati and Shri Swami Chidananda Saraswati of the International Divine Life Society, Rishikesh, India, on all lessons on the subject of "Life Building and Successful Living".

Blessed students ! Please study all the lessons of the Book earnestly, devoutly, sincerely, carefully and meticulously. Please study the lessons with "*manana*" or calm and deep reflection in your mind for some time; and with

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"*nidhidhyasana*" or calm, composed and deep meditation for some longer time on the teachings contained in the lessons of this book so that you will be able to absorb and assimilate the same in your mind deeply and retain in your memory instantly and for long period. Please study the Book for half an hour daily. However, if you can not devote such time daily because of the heavy burden of your class lessons, please study the Book for 02 to 03 hours on Sundays and Holidays. And acquire knowledge on all topics on "Life Building and Successful Living".

Blessed students ! After acquiring such knowledge, you need to put the same into practice in your daily life so that you can derive the real benefits for you. Knowledge is meant to be practised. If you do not practise, you can not derive the real benefits in your life. Knowledge is primary, but practice is must. This is extremely important for you. Please, therefore, practise, practise and practise the teachings. Please never neglect it.

Please practise *asana*, *pranayama* and physical exercises regularly; take good, nutritious and balanced food and have adequate sleep and thereby, build good physical health. Good physical health will enable you to perform your duties and responsibilities smoothly and efficiently and thereby, to achieve success in all fields of activities in your life.

Please practise thought culture, will culture, memory culture, concentration and meditation and develop a powerful mind. A powerful mind will enable you to perform your duties and responsibilities quickly, skillfully, efficiently and perfectly and thereby, to achieve success in all fields of activities in your life. You will get astounding results and derive immense benefits in your life by empowering your mind.

Please build noble character or *satcharitra* by cultivation of good qualities such as obedience, humility, respectfulness, friendliness, self-control, discipline, truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism; and eradication of evil qualities such as lust, anger, greed, selfishness, hatred, jealousy, arrogance, fear, pessimism. Please also cultivate 18 other good qualities which my Spiritual Master His Holiness Shri Swami Sivananda Saraswati has composed in the form of a song called the Song of Eighteen Ities. The Song is:-

SONG OF EIGHTEEN 'ITIES'

Serenity, regularity, absence of vanity,
 Sincerity, simplicity, veracity,
 Equanimity, fixity, non-irritability,
 Adaptability, humility, tenacity,
 Integrity, nobility, magnanimity,
 Charity, generosity, purity,
 Practise daily these eighteen 'ities'.
 You will soon attain immortality.
 Brahman is the only real entity.
 Mr. So and so is a false non-entity.
 You will abide in Eternity and Infinity,
 You will behold unity in diversity.
 You cannot attain this in the university.
 You can attain this in the Forest University."

Please build noble character, because noble character is the greatest power on earth. It is also the most valuable wealth of your life. This is the most important foundation of your life. With a noble character, you can achieve victory and success in all undertakings and in all fields of your life. This will enable to perform ethical conduct or righteous

conduct and thereby, make a bright future destiny for you.

Please perform ethical conduct or righteous conduct or *sadachara*. According to the universal and immutable Law of Actions, "as you sow, so shall you reap". If you perform ethical conduct or righteous actions, it will bestow good results upon you. But, if you perform unethical conduct or bad actions, it will yield bad results for you. By performing ethical conduct or righteous actions, you can achieve real success both in your professional and secular life and in your spiritual life. Please, therefore, perform always ethical conduct or righteous conduct or virtuous conduct or *sadachara*. This is another most important foundation of your life. This will make your future destiny as a bright one.

Please strictly observe complete celibacy or "*Purna Brahmacharya*". "*Brahmacharya*" will contribute a great deal in building your life strongly. "*Brahmacharya*" will bestow upon you success in all undertakings and in all fields of your life, both secular and spiritual. It will enable you to live your life successfully, both economically and spiritually. It will also contribute a great deal in building an excellent and magnetic personality. It is the basis of success both in your secular life and in your spiritual life. Strict observance of complete celibacy or "*Purna Brahmacharya*" is of vital importance in your life.

Blessed students ! Ethics and spirituality are the most worthy pursuits of human life according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*. Please remember this well; and together with prosecuting your school, college and university education, please commence living an ethical life or *dharmik jeevana* and spiritual life or *aadhyatmik jeevana* from your student life and youth period itself in all possible manners. This is extremely important. And living of such life is also possible

and very easy. It will pay you rich dividends in your entire life. In this connection, my Spiritual Master His Holiness Shri Swami Sivananda Saraswati says:-

Quote: "Beloved children! The spiritual seed must be sown just now. Offer a fragrant flower to the Lord. It is a great offering. When you are young, you must do japa, kirtan and meditation, and study religious books. If you sow the seed now itself, it will strike a deep root, blossom forth in time and yield the fruit of immortality. When you grow older, you will develop knowledge and wisdom and devotion to the Lord. They will be your real wealth, eternal bliss and perennial joy." **Unquote.**

Blessed students ! Our Holy Scriptures say that "*Aacharyadevo bhava*" (आचार्यदेवो भव), that means the Teachers or the *Acharyas* or the *Gurus* are the Gods. Therefore, while studying in the educational institutions, please pay respect to them accordingly. Exhibit *shraddha* or love, *bhakti* or devotion and *vishwas* or faith in your conduct towards them. Obey them. Listen to them. Emulate their good qualities. Please pay regards to your seniors and love your juniors. Please maintain amicable and friendly relations with your classmates and friends. Please obey the rules and maintain discipline in the school.

Blessed students ! Please keep company of good people. This will help you to live your life rightly. Please always remain away from bad company. Because, the effects of bad company are disastrous. Bad company will ruin your life. Further, although television, computer and mobile phone are found necessary in the modern world, those are also your bad company and are considered as the dreaded enemies. Please, therefore, keep their use to the minimum, as is badly necessary. But, please do not use the same indiscriminately. Please do not use those instruments as sources of

entertainment and for passing of time, because use of the same for longer period are said to result in many types of serious physical, mental, emotional and psychological problems and sicknesses. Doctors and psychologists say that many times such mental and psychological diseases are almost incurable.

Blessed students ! Please put in hard labour. Study your class lessons sincerely, meticulously, tenaciously and dedicatedly. Acquire thorough and deep knowledge on the subjects. Please perform well in the examinations and come out with flying colours. This is necessary for enabling you to make a good profession, vocation or occupation for ensuring your physical existence upon this earth plane. Study is your primary duty. This is very important. Please do not neglect it.

Blessed students ! Complete your education and become a good professional like doctor, engineer, lawyer, management executive, chartered accountant, lecturer, professor or a good businessman or an agriculturist. Simultaneously, please note to become a good man, a noble man and an ethical man in your professional and household life. Please earn money and acquire material prosperity in order to meet your life's basic necessities, family needs, social needs, national and other needs and to live a reasonably comfortable life. But please note to earn money by honest and fair means only and without causing harm to others, in accordance with the rules of *Dharma* or ethical code of conduct. Become economically prosperous but in the legitimate way only. And with the help of your legitimately earned income and within the limit of the same, fulfill your various types of worldly and secular desires, that is, physical, biological, mental, psychological and emotional desires. But please ensure that such desires are need-based only and are

legitimate ones. Please live a life of simple living and high thinking. Please live an ideal household life. Such household life or secular life is inevitable and very important. This will give you true happiness in life.

Blessed students ! Please also note to become a spiritual man. Please live the spiritual life. Please pursue spirituality and practise Yoga and Vedanta in accordance with the instructions of your Spiritual Preceptor. Please live the divine life. Please put in your best endeavours to achieve the supreme goal of life, that is, Self-realisation or God-realisation or Liberation of the Soul from the cycle of births and deaths or *Moksha*. Achievement of this supreme goal of life will bestow upon you lasting happiness and eternal peace. It will also result in permanent cessation of all worldly sorrows and sufferings in your life. Spiritual life is indispensable and extremely important. Please never neglect this.

Blessed students ! Let ethics or righteousness or *dharma* govern all activities in all fields throughout your entire life. This will give you true material prosperity and real happiness. And let spirituality or *aadhyatmikata* be your greatest pursuit and supreme goal of life. This will give you permanent happiness and eternal peace. Ethics and spirituality are the life breadth of our Indian Culture or *Bharatiya Sanskruti*. Please remember this well and strive your best to become ethically perfect and spiritually wealthy. Thus, live your life successfully and ideally. Thus will your living upon this earth plane become ideal, successful, complete, meaningful, purposeful, prosperous and worthy. This is extremely important. Please never neglect it.

Part - III

Blessed students ! Coming to the family front, building your personal life properly and living the same successfully

will have great positive impact on your children. You will be well equipped to groom them rightly by instilling in their mind moral and ethical values and spiritual impressions or *sanskaras*. You can develop them as well-mannered, good, noble, ethical, spiritual and successful human beings and in that manner, you can perform your duty towards them well. Blessed students ! Our Holy Scriptures say "*Matridevo bhava*" (मातृदेवो भव), that means the Mothers are Gods. "*Pitridevo bhava*" (पितृदेवो भव), that means the Fathers are Gods. Therefore, in your family life, treat your mother and father as Gods. Pay respects to them accordingly. Serve them lovingly. Take proper care of them. Please also treat other elder members in the family similarly. Extend love and affection to your brothers and sisters. Learn to practise adjustment and cooperation, and live lovingly and amicably with all family members. Maintain cordial and harmonious relations with all of them. Please make your home the heaven on the earth.

Blessed students ! Become a good member of the society. Perform well your duties towards your fellow beings in the society. Do *paropakara* or good to others. Help the needy, feed the poor, clothe the necked, serve the sick, share what you have with the less fortunate brethren, speak words of kindness, compassion, consolation, sympathy, encouragement with the forlorn and the disheartened. This is the greatest social duty. Also, as our Holy Scriptures and our Saints and Sages say, *paropakara* or doing good to others is the highest duty or *parama dharma* of human beings.

Understand religion in its true meaning and practice the same correctly. Follow your own religion but pay respect to all other religions. Please maintain religious unity. Keep friendly, loving, cordial and harmonious relations with your neighbours and all people belonging to all religions, faiths,

castes, creed, colours, genders and nations, because we all are the divine children of The One Almighty Supreme Lord, our Divine Father and therefore, we all are the divine brothers and sisters.

Also be kind and sympathetic towards the animals and insects; and the plants and trees, which are also the living creations of the Almighty Supreme Lord, the Creator. Never inflict harm or cause injury to them. Our Holy Scriptures and our Saints and Sages say that non-violence is the highest duty or *parama dharma* (अहिंसा परमोधर्मः) of human beings.

Thus, please become a good member and a real asset of the society.

Blessed students ! You are a citizen of the nation. Please, therefore, perform your duties towards the nation. Please love your motherland. Please be loyal to the nation. Please be patriotic to the nation. Please be nationalistic. Please maintain national unity, integrity, harmony and peace. Please obey and observe the laws and rules of the nation. Please protect all national properties. Please keep public places neat, clean and pollution-free. Please also preserve and protect the natural environment around you including trees, forest, water, river, air, etc. Please maintain ecological balance. Please also perform the duties of citizens as have been enshrined in our nation's Constitution. Please perform your duty first and then ask for your right. Thus, please be an ideal citizen and a real asset of the nation.

Blessed students ! You are also a citizen of the world. We, in India, in accordance with our great ancient culture or *Bharatiya Sanskruti*, believe in the principles of (a) Common Fatherhood of one God and Universal Brotherhood of all human beings upon this earth planet, (b) The Whole Universe is One Family and (c) Let all people of the world become happy. Please, therefore, practise and live these mottos in

your personal life. Please keep up the feeling of universal brotherhood and maintain harmonious relations among all people of all nations of the world. Please practise unity of religions and contribute towards world peace. Please offer prayer for the well being of all people of the world and for world peace. And thus, become an ideal citizen and a true asset of the world.

Blessed students ! Every country has its own culture and that culture only is suitable to its people. Please, therefore, follow our own culture, that is Indian Culture or *Bharatiya Sanskruti*. Please do not imitate blindly western culture which is not meant for our people and is not suitable to us. You should not imitate their superficial fashion and material way of life, but you should emulate their good qualities like cleanliness, punctuality, discipline, dutifulness, honesty, loyalty, patriotism, nationalism etc. Western culture contributes towards achievement of two goals only in human life. Those are: accumulation of huge material wealth and enjoyment of abundant worldly pleasures. These two achievements may give you plentiful material happiness and worldly pleasures but such happiness and pleasures do not last long, instead, these things are temporary only. Ultimately, these two achievements will result in sorrows and sufferings in your life. This has been the experiences of the people who have followed the western culture. But Indian Culture or *Bharatiya Sanskruti*, our own culture, will give you true material prosperity and legitimate worldly pleasures. These two achievements will give you true happiness and such happiness will last long. In addition, Indian Culture or *Bharatiya Sanskruti* will bestow upon you two more invaluable and most worthy achievements. Those are "righteousness" or "*dharma*" and "spirituality" or "*aadhyatmikata*". These two great achievements will result

in attainment of the supreme goal of life, that is, Self-realisation or God-realisation or Liberation of Soul from the cycle of births and deaths or *Moksha*. This will bestow upon you happiness that will be permanent and peace that will be eternal. These two great achievements will also result in permanent cessation of sorrows and sufferings in your life. Then only, your living upon this earth plane will be meaningful, purposeful, prosperous, peaceful, complete and successful. Then only, your living upon this earth plane will be ideal. Please, therefore, follow Indian Culture or *Bharatiya Sanskruti*, our own culture, our great, glorious, lofty, unique and ideal culture, in letter and spirit; and live your entire life in the pattern as has been envisaged and prescribed in our own culture. Please shine as "A True *Bharatiya*". Please radiate as "A Real *Bharatiya*". Please feel proud to be "A Genuine *Bharatiya*". Please never forget this. Please never neglect this. This is extremely important.

Blessed students ! Last, but not the least, please study Holy Scriptures and keep company of Holy Persons, Saints, Sages, Prophets and Godmen for some time every day. However, if it is not possible every day, then devote sufficient time for the same at least once in every week. But please make it a regular habit. Never neglect this. Because, these two pursuits are very much enlightening, beneficial, powerful and effective. These two pursuits will constantly show you "The Right Path of Life" and also guide, inspire and encourage you always to keep on walking in "The Right Path of Life" amidst all obstacles and unfavourable circumstances. Then only you will be able to live a successful life upon this earth plane.

Blessed students ! Another most important thing. Please "DIN", that is, "Do It Now" as my Spiritual Master His Holiness Shri Swami Sivananda Saraswati says. Because, if

you will think that you will study the book of compilation "Youth ! Arise, Arise, Awake and Adopt the Right Path of Life" tomorrow or practice the knowledge to be gained from the said book "tomorrow", that "tomorrow" will never come, and in that case, you will be the greatest loser. But if you study the book "today" and practise the teachings "today", you will be the greatest beneficiary. Life is short. Time is fleeting. Therefore, please "DIN", "Do It Now" and derive immense benefits for yourself. This is in your own interest, and for your highest welfare and supreme good.

Part - IV

I pray to the Almighty Supreme Lord and all Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs to bestow Their Choicest Blessings upon you to enable you to endeavour your best on "The Right Path of Life", build your life properly and live the same successfully. God Bless you all.

(Reproduced from the Book "Value Education for Life Building and Successful Living")

Convocation Address to Ancient Students

In ancient India, students were taught in the "*Gurukulas* and *Rishikulas*" by *Rishis*, *Munis*, the *Brahma Vidya Gurus*. They were imparted "Life-building, Character-building and Man-making" education through moral, ethical, religious and spiritual education, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Consequently, they were able to lay the foundation of their life during their student life threat properly and strongly with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. They were acquiring knowledge about our Indian Culture or *Bharatiya Sanskruti* and on the four grand goals of ideal human life according to our own culture, i.e. righteousness, economic prosperity, vital worldly desires and spiritual illumination, for living an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life. Thus, the ancient students were coming out of the *Gurukulas* and *Rishikulas* with proper and strong foundation of their life; and rightly and adequately taught; and well prepared to live their future life completely and successfully.

At the time of their departure from the "*Gurukulas* and *Rishikulas*" on completion of their study, their Teachers, the *Rishis*, *Munis*, the *Brahma Vidya Gurus*, were imparting them necessary final teachings on how they should conduct themselves in their household life so that they could live a successful life. Such final teaching or address is called "Convocation Address".

One such "Convocation Address" delivered by the ancient Preceptor, the Great *Rishi Yajnavalkya*, to his students on completion of education in his *Gurukula*, is found in the *Taittiriya Upanishad, Siksha Valli*, Eleventh *Anuvaka* - 1 to 5. The meaning of the said convocation address is given below. The said address is as relevant in the modern time as it was so in the ancient time. Therefore, our modern students can most profitably study the same and derive immense benefits in their life from the same.

Ancient Convocation Address

(*Taittiriya Upanishad, Siksha Valli*, Eleventh *Anuvaka* - 1 to 5)

वेदमनूच्याचार्योऽन्तेवासिनमनुशास्ति । सत्यं वद । धर्मं चर । स्वाध्यायान्मा प्रमदः ।
आचार्याय प्रियं धममाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः । सत्यान् प्रमदितव्यम् । धर्मान्
प्रमदितव्यम् । कुशलान् प्रमदितव्यम् । भूत्यै न प्रमदितव्यम् । स्वाध्यायप्रवचनाभ्यां न
प्रमदितव्यम् ।

देवपितृकार्याभ्यां न प्रमदितव्यम् । मातृदेवो भव । पितृदेवो भव । आचार्यदेवो
भव । अतिथिदेवो भव । यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि । नो इतराणि । यान्यस्माकं
सुचरितानि । तानि त्वयोपास्यानि । नो इतराणि ।

ये के चास्मच्छेर्यांसो ब्राह्मणाः । तेषां त्वयाऽऽसनेन प्रश्वसितव्यम् ।

श्रद्धया देयम् । अश्रद्धया देयम् । श्रिया देयम् । ह्रिया देयम् । भिया देयम् । संविदा
देयम् । अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात् । ये तत्र ब्राह्मणाः सम्मर्शिनः ।
युक्ता आयुक्ताः अलूक्षा धर्मकामाः स्युः । यथा ते तत्र वर्तेरन् । तथा तत्र वर्तेथाः ।
अथाभ्याख्यातेषु । ये तत्र ब्राह्मणाः सम्मर्शिनः । युक्ता आयुक्ताः । अलूक्षा धर्मकामाः स्युः
। यथा ते तेषु वर्तेरन् । तथा तेषु वर्तेथाः । एष आदेशः । एष उपदेशः । एषा वेदोपनिषत् ।
एतदनुशासनम् । एवमुपासितव्यम् । एवमु चैतदुपास्यम् ।

Having taught the *Vedas*, the preceptor exhorts the disciple:

1. "Speak the truth. Adhere to *Dharma* and do your duty. Never swerve from the study of the *Vedas*. After giving

the preceptor the fee he desires, enter into household life and do not cut off the thread of the offspring. Never swerve away from speaking the Truth. Never swerve from observing *Dharma* and performing your duty. Never neglect your welfare. Never neglect your prosperity. Never neglect the study and the teachings of the *Vedas*."

2. "Never swerve from the duties to the gods and to the manes. May the mother be thy God. May the father be thy God. May the preceptor be thy God. May the guest be thy God. Let only those actions that are free from blemishes be done, and not others. Only those that are good acts to us should be performed by thee and not others."

3. "You should remove the fatigue of *Brahmanas* who are superior to us by serving them with seats, etc."

4 & 5. "Gift should be given with *shraddha* or faith, it should never be given without *shraddha* or faith, it should be given in plenty, with modesty, with sympathy.

Now if any doubt as regards any action or conduct arises in you, you should act in those matters in the manner in which the *Brahmanas*, who are thoughtful, religious, not set on by others, not cruel, devoted to *Dharma*, act there.

Now as regards persons accused of sin, deal with them in the manner in which the *Brahmanas*, who are thoughtful, religious, not set on by others, not cruel, devoted to *Dharma*, deal there.

This is the injunction. This is the teaching. This is the secret of the *Vedas* and the *Upanishads*. This is the (God's word of) command. This should be observed. Thus is this to be meditated upon."

(Reproduced from the Book "Value Education for Life Building and Successful Living")

A Humble Prayer to our Modern Students

Sri Mohan Lal Agrawal

Dear Friends ! You have studied the previous write-ups titled "Golden Student Life and Burning Necessity of "Life-building, Character-building and Man-making Education", the "Real Education", for our Modern Students", "Great Relevance of Sivananda Literature in "Life-building, Character-building and Man-making Education" for our Modern Students" and "A new subject named "Life Building Science" and Two new books on "Life-building, Character-building and Man-making Education" for study by our Modern Students". Thereby, you have acquired introductory knowledge on "Life-building, Character-building and Man-making Education", the newly designed subject of "Life Building Science", and also various books to be studied by you in order to acquire detailed knowledge on various topics of "Life-building, Character-building and Man-making Education".

Dear Friends ! You have also studied the previous write-up titled "Valedictory Address to Modern Students" of His Holiness Sri Swami Sivachidananda Saraswati. Thereby, you have come to know, inter alia, that the result of some good actions of your past births has fructified and has come to you, as a "Divine Blessing", and consequently, you have come to acquire the above introductory knowledge on "Life-building, Character-building and Man-making Education" from the write-ups contained in this souvenir.

Dear Friends ! Our Saints and Sages say that the "Divine Blessing" has not only to be showered upon you, but you need to receive the same so that you can derive the real benefits for yourselves, otherwise, it will be of no real benefit to you. This can be well illustrated through an example. Suppose you need to store rain water in a water pot so that you can use it in future

Be good. Do good. — Swami Sivananda

when you need it. For this, it is necessary that you keep the opening side of the water pot upside, facing the sky, and then only the rain water get into the water pot without being wasted and stored therein for your future use. But if you keep the opening side of the water pot downside, facing the ground of the earth, the rain water can not get into the water pot, go wasted and can not be stored therein for your future use. Similarly, if you receive the "Divine Blessing", that means if you study those books, acquire the needed knowledge on "Life-building, Character-building and Man-making Education" and practise the knowledge in your day-to-day life sincerely and meticulously, that means, if you build your rare and precious human life rightly by laying its foundation properly and strongly, and constructing its superstructure completely, properly, strongly and nicely, and live the same ideally and successfully, it will bestow the real benefits upon you and you will be the greatest gainer, otherwise you will be the greatest loser.

In view of the above Dear Friends ! I most humbly, earnestly and fervently pray to you all to kindly study those books, acquire necessary knowledge on "Life-building, Character-building and Man-making Education", practise the knowledge so gained in your day-to-day life; and build your precious human life accordingly and live the same ideally and successfully. Dear Friends ! Please note that this is in your own personal interest, and for your highest welfare and supreme good.

In this connection, I most humbly, earnestly and fervently pray to the Almighty Supreme Lord and all Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs to bestow Their Choicest Blessings upon you all to achieve grand success in your said endeavours.

Qualities of Students

Sri Mohan Lal Agrawal

Students, schools, study curriculum and Teachers form the integral parts of the education system. They are the four pillars of the education system. Further, students, the learners, are the beneficiaries; and schools, study curriculum and Teachers, the providers of education, are the benefactors.

Governments and private owners build schools for imparting education to students. They ought to provide required and adequate infrastructural facilities like good class rooms, laboratories, scientific instruments, library, play ground, drinking water, toilet, etc. They also ought to make necessary arrangements for creation of conducive study atmosphere in the schools for carrying out the teaching and learning activities smoothly, successfully, pleasantly and effectively.

Study curriculum ought to be ideal and complete with a view to impart "Right Education" to students. "Right Education" comprises both "Life-building, Character-building and Man-making Education" and "Secular Education". "Right Education" aims at "Making" the students as "Ideal Human Beings", i.e. both as "Good Human Beings" and as "Capable Human Beings".

Teachers ought to be ideal with right aptitude, knowledgeable, well trained, skilled and competent so that they can impart teachings to their students with right understanding; and efficiently and effectively. They also ought to live an ideal and noble life so that their thoughts, words and actions exert great influence on their students who inquisitively and keenly watch the same. Thereby, they can "Make" the lives of their students "Rightly".

Thus, all the three benefactors, viz. schools, study curriculum and Teachers ought to give their best for imparting education to their students. This is very important.

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And it is for the students, the beneficiaries, to receive well the teachings imparted to them by the Teachers; and thereby, to build themselves as "Ideal Human Beings" as stated above. This is most important.

In view of the above, students must possess some requisite qualities so that they can learn the teachings and acquire knowledge well. Thereafter, they can practise the teachings/ knowledge in their daily lives meticulously and sincerely; "make" their lives rightly; and build themselves as "Ideal Human Beings". Thereby, they can derive the intended benefits in their lives. But, if they do not possess those qualities, they can not learn the teachings and can not acquire knowledge well; can not "make" their lives rightly; and can not build themselves as "Ideal Human Beings". Consequently, they are most likely to suffer from irreparable damages and permanent losses in their lives. This can be explained with the help of an example. It is like this. It is rainy season. The weather is cloudy. It is raining plentifully. A pot has been kept on the ground in order to receive the rain water and store the same for future use. If the pot is of good quality, it can well receive the water, and store the same for future use. But if there is leakage in the pot, it can not hold the rain water pouring into it and will remain empty. As a result, the rain water pouring into it will go out through the leakages, get wasted and will not be available for use in future. Therefore, students must possess the requisite qualities of a student.

What are the requisite qualities of students ? Some important qualities can be enumerated as under:-

(i) They must be "Willing Students" to receive education well and make their lives rightly in order to live their life ideally and successfully,

(ii) They ought to possess "*Jigyashu Bhav*" or "Burning Desire to Learn" or "Great thirst for knowledge" and ought to be always inquisitive in acquiring knowledge,

- (iii) They ought to love to learn and have interest to acquire knowledge,
 - (iv) They ought to possess a serene and calm mind,
 - (v) They ought to possess humility,
 - (vi) They ought to be disciplined,
 - (vii) They ought to be obedient,
 - (viii) They ought to possess optimistic attitude in life,
 - (ix) They ought to be single-minded and they ought to focus their mind to study and study only,
 - (x) They ought to be determined and dedicated to study,
 - (xi) They ought to be regular and sincere in their study,
 - (xii) They ought to be hard-working and pains-taking,
 - (xiii) They ought to be patient,
 - (xiv) They ought to be persevering,
 - (xv) They ought to be simple and moderate in food and sleep,
 - (xvi) Also, they must keep themselves away from bad company and all types of sensual environments and enjoyments,
 - (xvii) Further, they must strictly observe complete celibacy (*poorna brahmacharya*) during their student-life and youth period,
 - (xviii) They ought to have love (*shraddha*), devotion (*bhakti*) and faith (*biswas*) in their Teachers,
- The following Sanskrit *sloka* speaks of five qualities of students:-

“काक स्नान * बको ध्यानं श्वान निद्रा तथैव च
स्वल्पहारी गृहत्यागी विद्यार्थी पंच लक्षण ।”

Meaning: - A student should take (quick) bath like a crow*, have (deep) concentration like a crane and take (light) sleep like a dog (that wakes up even at slightest noise or disturbance). He should take less food which is just sufficient to maintain his health and should stay away from home (i.e. stay away from the daily household chores and emotional

attachment or remain detached even while living in the house). These are the five qualities of students.

* (Some mention this as * "काक चेष्टा" (*Kaka Chesta*) also, meaning perseverance of a crow.)

Study is a kind of "*Tapasya*" or "Austerity" in student life. Therefore, students need to possess the above requisite qualities of a student and dedicate themselves totally to and focus their total attention in learning. However, if they do not have any amongst such qualities, they need to develop the same through regular practice and with patience.

Students must possess the requisite qualities of a student in their own interest and for the highest welfare in their personal lives.

Model Daily Routine for our Modern Students

Sri Mohan Lal Agrawal

Modern man, and more particularly, modern students, are hard-pressed / over-burdened with a large number of works in their hands to perform every day; and therefore, they become unable to devote their limited time to many important works and those works remain undone. And then, they say that time was inadequate for them for which they could not perform those important works. Hence, as a part of finding solution to this problem, they need to make "Time Management". In this connection, they need to prepare "Daily Routine" for themselves by listing the all works to be performed by them daily, allot adequate time to each such listed work and stick to the same. His Holiness Sri Swami Sivananda Saraswati prescribes such "Ideal Daily Routine" for different categories of people including students. Therefore, our modern students may follow the "Ideal Daily Routine" devised by him for students, and on the lines of the same, they may prepare their own "Daily Routine" keeping in view their own requirements. A model "Daily Routine" prepared for them, on the lines of the one devised by His Holiness Sri Swami Sivananda Saraswati, is reproduced below, for their guidance:-

The above model "Daily Routine" is just for guidance only of our modern students, and they may prepare their own "Daily Routine" keeping in view their own personal requirements. His Holiness Sri Swami Sivananda Saraswati says that "Daily Routine" is flexible, and one may revise the same as and one may revise the same as and when he finds it necessary.

A MODEL DAILY ROUTINE FOR THE MODERN STUDENTS		
	From	To
Answering the call of nature	4.00	4.15 a.m.
Asana, Pranayama	4.15	5.15 a.m.
Trataka, Japa, Meditation	5.15	5.45 a.m.
Study of class lessons	5.45	7.15 a.m.
Study of Spiritual Literature & Bhagavad Gita	7.15	7.45 a.m.
Preparation for class lessons	7.45	9.15 a.m.
Bath, breakfast	9.15	10.00 a.m.
School/College/University hours, including lunch	10.00	5.00 p.m.
Games, Sports, <i>Nishkamya Karma</i>	5.00	6.00 p.m.
Trataka, Japa and Dhyana	6.00	6.30 p.m.
Study of class lessons	6.30	8.30 p.m.
Supper	8.30	9.00 p.m.
Self-analysis, introspection, spiritual diary	9.00	9.30 p.m.
Japa, Kirtan, prayers	9.30	10.00 p.m.
Sleep	10.00	4.00 a.m.

NOTE:-

1. Early to sleep and early to rise is the right way to utilise the time in the best manner and get the maximum physical, mental, psychological, intellectual as well as spiritual benefits. As such, our modern students and youth need to sleep early in the night and get up early in the morning,
2. Swami Sivananda Saraswati says that giving free tuition to poor students or serving the sick persons during intervals will constitute *Nishkamya Karma*, and
3. Swami Sivananda Saraswati further says that students and youth should prepare their daily routine keeping in view their respective individual requirements so that it will suit them and they can easily stick to the same.

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One can derive the following important benefits by preparing "Daily Routine" for himself and following the same in his day-to-day life:-

(i) All daily works, as has been planned, are included in the "Daily Routine" without forgetting to include one or more works. Consequently, all such works are listed for performance every day and no work is left out,

(ii) Required/ due time is allotted to each work of the day, and thereby, each work gets adequate time for performance,

(iii) The day's listed works are performed in a planned, systematic and disciplined manner,

(iv) One's day-to-day listed works are performed smoothly and in a hassle-free and stress-free manner. At the end of the day, one does not get mental agony or stress caused due to non-performance of any listed work(s) of the day,

(v) Day's available time is properly, rightly and gainfully utilised, without getting wasted. This is most important because, time once wasted is lost for ever and can never be regained.

One should follow his "Daily Routine" strictly and meticulously. Thereby, all his day-to-day listed works are most likely to have been performed.

However, by doing the same types of works repetitively every day, one may, on some occasions, feel monotonous. In that case, he should keep a positive and cheerful mental set-up and think that the listed works are new works for him for that day; thereby, he will feel afresh; and then he should perform those works. Also, he should think of the many benefits to be derived by him by performing his works as per the Daily Routine. In fact, the benefits of sticking to Daily Routine are much more than the discomforts caused due to feeling monotonous. Thereby, he will feel encouraged to stick to his Daily Routine. Further, he should self-motivate himself to keep adhering to the Daily Routine. Thereby, he will feel inspired and continue to strictly

adhere to the Daily Routine prepared by him.

On some other occasions, one may not be able to stick to his "Daily Routine" completely and he may fail to perform some item(s) of listed work(s) due to unforeseen circumstances, compulsions beyond one's control, change in priority, etc. In such circumstances, he need not get disturbed or disappointed. Instead, he should maintain a peaceful mental set-up all along and bear the same calmly and quietly and keep mental serenity. If necessary, he may make suitable plan to perform the same at some other time, and thus, he should remain satisfied.

Messages of His Holiness Shri Swami Sivananda Saraswati to Students

**Extract from Sri Swami Sivanandaji's
Broadcast over the Patna A.I.R.
(18th September, 1950), (8.15 p.m.)**

REAL EDUCATION

"Blessed children!

"Let us now chant OM. OM is perennial joy and eternal bliss. Let us meditate now for a few minutes, thinking of the attributes of OM. (*All sit statue-like in meditation.*)

"You enjoyed peace. You withdrew the mind and the senses from external objects. You centred them on the innermost *atma*, the source of this entire universe. Even this much of meditation gives strength.

"Sow the spiritual seed when you are young. Practise *japa*, *kirtan*, meditation and prayer; cultivate divine virtues; eradicate evil qualities or traits. Only then will you grow in spirituality. Practise some *asanas* regularly and keep your body in good health. Practise *pranayama* also. Study your lessons well. Go to bed early in the night. Meditate in *brahmamuhurta*, and study your lessons at this time. Practise deep breathing. You should also practise *suryanamaskaras*. Meditate on *Surya*. The sun is the power that gives you health and strength. Keep the body strong and healthy. Only then will you be able to construct the super structure of *sadhana* for God-realisation. *Asanas* have a great advantage over other systems of exercises. *Asanas* are the best tonics. They ensure abundant supply of blood to the brain and other internal vital organs, which play a prominent part in the preservation of health. They generate harmones which are essential for health."

"Side by side with the school education, you should learn that *vidya* which alone constitutes real education. That

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real education alone will give you immortality, peace, bliss and supreme knowledge. That real education is *Brahma Vidya*. It is the science of sciences and it will help you control the mind and the senses, and fix the mind on the *atma*. Study religious books. Acquire a knowledge of this *Brahma Vidya*. Then practise and attain the goal of life.

"Let me remind you of the convocation address of the ancient seers. You will come across this convocation address in the *Taittiriya Upanishad*. *Satyam vada, Dharmam chara, Swadhyayan ma pramadah*. You must practise these in your everyday life. You must keep a spiritual diary. Gradually through keeping a spiritual diary, through self-analysis, introspection-in introspection one portion of the mind studies another portion of the mind—watching the mind as a witness, you can find out the defects that lurk in your own mind, and you can mould your character. Character is power. Knowledge is power. Character is a greater power than even knowledge. A man without character is a dead man though living. You must cultivate these virtues which go to make you a superman. You are all the hope and glory of the nation, nay, of the whole world at large. Here is a Dayanand, here is a Vivekananda, here is a Rama Tirtha—amongst you all. All these saints are hidden in you. You must know that science that would awaken your dormant faculties. All the qualities that characterise a saint are hidden in you. You will have to unfold your latent dormant faculties, through *japa*, through *kirtan*, through meditation, through *satsanga*, through enquiry and self-analysis. Do *vichara*. Assert: 'I am not the body. I am not the mind. There is One Supreme consciousness. That Consciousness I am.' One Lord; one *Brahman*—He is hidden in all beings like fire in the wood, butter in milk and oil in the seed, like mind in the brain.

"Side by side with your studies, do a little *japa*, *kirtan*, and *svadhyaya* or study of the *Gita*, *Upanishads*, etc. You

will have to meditate regularly for a few minutes in the early morning hours. Only then will you become a real man. Only then will you see the unseen, hear the unheard, know the unknown--the God within, the *antaratman*, or your innermost Self. That is your goal.

"Strive ceaselessly and work hard to pass your examinations. You must stand first in all your examinations. When the examination approaches, you will burn the midnight oil, cram your lessons, vomit them on the papers and then forget everything. You should not do that. Even if an examination is held today, you must be able to stand first. Every day you should study the previous lessons, today's lessons and tomorrow's lessons also. Then you will get a first-class pass.

"Serve the parents. Serve the nation. Become a *Nishkamy Karma Yogin*. Work selflessly. Work without expectation of fruits. Scrutinise your inner motives; let your motives be pure and divine. Realise the God who ever dwells within you:

Within You Is Hidden God.
Within You Is Immortal Soul.
Kill This Little 'I', Die To Live.
Lead The Divine Life

"May God bless you all with health, long life, peace, prosperity and eternal bliss. May you all grow into superman, saints and sages."

**ADDRESS AT THE OLD CONVOCATION HALL:
DELHI UNIVERSITY**

Siva was invited to the old Convocation Hall where several students of the University had assembled to hear Siva. Without any formality or introduction whatsoever, Siva began to address the students. Most of his speech consisted of his own English songs.

"I have given the essence of the *Vedas*, the scriptures and the teachings of sages, seers and prophets in these aphoristic words which I have composed in song-form in order to help you memorise them.

Serve, Love, Give, Purify, Meditate, Realise.

Be good, Do Good, Be Kind, Be Compassionate.

Adapt, Adjust, Accommodate. Bear Insult,

Bear Injury-Highest *sadhana*.

Enquire Who am I? Know the Self and Be free."

Siva then sang the Song of Instructions.

"All these things might be frightening before you actually begin to practise them. But when you once begin to practise them, they give you joy. They generate strength within you. You will soon feel that you are a different man. You will acquire inner peace and strength. They will make you do more *sadhana*. One virtue leads to countless other virtues. Be established in one virtue; all the other divine qualities will of their own accord take their abode in you."

(Source: Sivananda's Lectures during All India and Ceylon Tour - 1950)

SPIRITUAL OUTLOOK FOR THE YOUTH

(A tape-recorded Message of Sri Swami Sivananda addressed to a child, intended for a film sequence)

"The child is the father of man," so said a sage. Blessed child! You are the hope of the future generation, and you will be leaving to the world as legacy all that you have learnt and acquired, in each and every field of human interest and accomplishment, and your successes and failures, ideas and actions, will reflect upon the coming events, and will make them either great or small in the eyes of the posterity.

Blessed child! Is it not your ambition and ardent duty to acquire first for yourself all that is great, all that is noble, all that is invaluable, and all that is worthy of aspiring and attaining by a human being within his span of life?

Be good. Do good. — Swami Sivananda

At first, noble child, try to know the source of life, meaning of it, the goal for it and the way to attain that end.

Then, my blessed one, put forth right endeavour with all sincerity and earnestness at your command, which will confer upon you success in your struggle for evolution, and fill your being with perfection and happiness.

God is the source of life and He is the source of all that exists here, or on any other plane of existence. Don't you see a perfect orderliness and rhythm in the pattern of creation, of which you are a unit? Can any other agency than God, the embodiment of Existence-Knowledge-Bliss Absolute, be the source of creation? All natural laws and forces of which the protons, electrons and atoms are units set in motion by His will, and they work according to the cosmic plan, unless they are momentarily disturbed by man's foolishness to his own detriment. So, believe firmly in the existence of God and His supremacy.

The meaning of life is to get back to the source, form where all have come, after fulfilling the role in one's life in the best possible manner. My child! you have come here to learn, not to be involved indefinitely. This vast world is a school for you; everyone is a teacher; and all the experiences of life are but lessons intended for you to grow wise by. Learn your lessons carefully and correctly, quickly and systematically, cheerfully and seriously, and promote your understanding and spiritual status, day by day, nay, hour by hour. The all-merciful and the all-wise Lord has given definite laws to guide you in life, specific duties to discharge, ample privileges to enjoy, and, in short, wide scopes for developing your body, mind and intellect, on your way towards the goal.

Satyam vada — speak the truth; for God is Truth and you can attain Truth only by practicing truth, by adoring truth, and by following the path of truth.

Dharmam chara — follow the way of righteousness:

for, my child, nothing is haphazard here, and there is a correct way of thinking, acting and conducting yourself at each and every stage of your life. Follow this path with scrupulous care, and it will lift you up to the higher and purer realms of existence, confer upon you more valuable gifts of God and nature, and ennoble your being in all ways. Blessed child! Do not forget that Dharma is the seed, from which sprouts the mighty tree of artha or worldly prosperity that yields the fruits of Kama or enjoyments. This wonderful tree of life, sprouting from the seed of righteousness, finally bestows upon you the most delicious manna of Moksha, or liberation, by eating which you will hunger no more, but have full satiation. This Moksha or liberation is the *summum bonum* of life, the consummation of all your noblest and purest aspirations, the final purpose of leading a righteous life, and the dazzling crown that is placed on your head by your divine Father, the Lord. Blessed child, please do not forget that you are an heir to the Divine Throne. You are not to crawl here like a worm, full of want and imperfection, full of mundane desires and afflictions. You are Atma Samrat. You should have mastery over the mind. You should discipline the senses and cleanse your lower nature. You should work hard and strive well to make yourself better in every way. You are not a play-toy in the hands of destiny, but the master of your own fate. You make your own future or destroy it by what you do now. By timidity, sloth and absence of pluck, initiative and boldness, you suffer in poverty and are miserable. By being an abject slave of your senses you are like a helpless creature without a spine. Take courage by the forelock and stand up like a lion. You are the master of your own destiny. Be bold; be cheerful; a promising future awaits you.

**Advices of His Holiness
Shri Swami Sivananda Saraswati to Students
(Some Advices excerpted from
the Book "Religious Education"
written by Swami Sivananda Saraswati)**

"O youth of India ! O students of the holy land ! Awake now and recognise this important fact. Shake off indifference and negligence. This is in your hand. Arise. Tread the path of righteousness. Walk the way of truth, purity, selflessness and active goodness. Develop a pure and sublime character. Become ethically perfect. Shine as glorious examples to the modern world. Inspire the youth of nations abroad. Become worthy of the ideals of this great land. Pave the way for your success, prosperity, progress and perennial happiness. Now is the time. Here is the opportunity. You have to do it now." (Page - 16)

"..... Students must wake up to their responsibility of being Indians first and foremost, and then being upholders of their integral culture of righteousness, justice, truth and love of spiritual values." (Page - 26)

"Do not waste time. Do not procrastinate. Decide and do. "D.I.N." - do it now! Procrastination is the thief of time. Possess an unblemished character. Character is a mighty soul-force. A man of noble traits and good character also possesses a tremendous personality. Change your thoughts and aspirations, then your character will also change. New, healthy, strong, virtuous habits will replace old, morbid, abnormal, vicious habits. Character is the garb of saintliness. Build your character perfectly. This will ensure your success in life." (Page - 32)

“Blue-Print for Success”

“You, who have understood these truths, have much to do. You must discipline yourself and waste not even a second.

Be attentive and industrious in the class. Be regular in all walks of life. Be regular in going to bed and in rising early in the morning. What you can learn in one hour of study during the period of Brahmanuhurta (4 a.m. to 6 a.m.), you will not learn in four hours of study at other times. During Brahmanuhurta the mind is calm and it is easy to concentrate. Whatever you study then will be indelibly impressed in your mind.

Take pure food. Be regular in your studies and physical exercises. Regularity should be your watchword. Then you will have success in life. Chalk out a daily routine and stick to it. Regularity, punctuality and discipline go hand in hand. College students in India imitate the Westerner in dress, manners, etc. But have they imbibed from him the important virtues of punctuality and regularity? One should be punctual and regular at all times.

You should cultivate patience and perseverance. No success in life or even at school is possible without these qualities. All the famous persons of the world achieved greatness, success and eminence through patience and perseverance. A patient student always keeps a cool head and a balanced mind; he is not afraid of difficulties and obstacles. Patience helps you to conquer your temper. It gives you immense strength. Always be cheerful and spread joy everywhere.

Speak the truth. Write in bold letters the words: "Speak the truth", and place it in your study and in other prominent places in your house. Meditate upon the glory of truth. Never utter a falsehood. Punish yourself by fasting if you tell a lie. You will soon get established in truth. Be honest and sincere. Be free from crookedness, cheating, hypocrisy, vanity and double-dealing. Sincerity is the greatest virtue." (Page - 32)

Divine Life for Juniors

1. Faith

Have faith in God. Have faith in the holy scriptures and in the words of the wise. Have faith in your own self. Have faith in the Grace of the Lord and in the power of the Divine Name. Pure faith can work wonders.

2. Obedience

Obey your parents and teachers. Obey your brothers and sisters. Obedience is higher than reverence. You will shine as a great man. You will get success in all you do. You will be prosperous and happy.

3. Keep Good Company

Keep good company. Give up the company of bad children. They will spoil your character if you are not careful. Do not smoke, gamble or play cards. Seek the company of the wise and of devotees of God. Sit silently, listen to their instructions and practise them.

4. Speech

Speak the truth. Speak sweetly. Speak with love. Observe silence. Do not speak ill of anyone. Think carefully before you speak. You will be peaceful and happy.

5. Adapt

Patiently listen to the words of others even though they are not interesting. Never fret and fume. Patient listening develops the will and wins the hearts of others. Understand well the nature of people.

6. Adjust

Do not be stubborn. Be willing to change. Adjust yourself in such a way as to be pleasing to others. Always react in a harmonious manner. Serve all and love all.

7. Cleanliness

Be neat and clean. Cleanliness is next to Godliness. Be

neat in your dress. Have a daily bath. Do not let clothes and books lie everywhere. A clean life indicates a strong mind and good discipline. It shows that you are refined.

8. Sincerity

Let the thoughts agree with the words. Let the words agree with the actions. Let there be harmony among the words, actions and thoughts.

9. Reverence for Life

Be kind and loving to animals, birds and all creatures that creep and crawl. Be merciful to them. Do not destroy the beautiful flowers and plants unnecessarily. You will then lead a rich and useful life.

10. Cheerfulness

A laughter a day keeps the doctor away. Be ever cheerful in whatever difficult conditions you may be placed. A cheerless mind is a diseased mind. Cheerfulness will let you tap the power within. It will turn failure into success.

11. Be ever Busy

Be ever busy. Keep the mind occupied in some useful work. Keep the company of good friends. An idle brain is the devil's workshop. Do not join idle company. Stick to a daily routine. Develop the power of observation. You will have a wonderful memory and will-power.

12. Time

Time is valuable. It is more precious than money. Money can be earned again if lost, but if time is lost it cannot be regained. A moment once gone cannot be called back. Life is but a collection of small moments. You will become a great person if you utilize your time in a useful manner.

13. Conduct

Think deeply. Decide correctly. Act carefully. Speak truthfully. Move tactfully. Work diligently. Talk gently. Behave

properly. Do not twist words and topics. Avoid cunningness and crookedness.

14. Charity

Give, give, give. This is the secret of abundance. Give willingly to charity. Share what you have with others. This will purify your heart and lead to the vision of God. You will earn undying name and fame.

15. Health

Go to bed early and get up early. You will be healthy and strong. Eat only those things that are good for your health. Do not overeat. Exercise daily. Let nature heal you. All diseases begin in the mind. Be always cheerful. Good health is the best of all possessions.

16. Be an Ideal Child

Be simple. Be humble, Be gentle, Be honest. Be bold. Be cheerful. A positive attitude always brings success in any task. A negative approach brings failure. Shine like a saint.

17. Self-analysis

Just before retiring to bed, think of the mistakes you have committed during the course of the day. Ask God for forgiveness. Benjamin Franklin kept a daily diary and correction register. You can do the same. You will remove all your weaknesses and shine like a star.

18. Study

Together with your lessons you must study daily the Gita, the Bible, the Koran, the Upanishads and other holy scriptures. Put into practice what you have learnt. You will progress in your life and shine gloriously.

19. The Divine Name

The power of the Divine Name is marvelous. Repeat His Name at all times, even while you study, play and work, while you eat and rest. Choose any Name, like Sri Rama, Om

Namah Sivaya, Jesus, Allah, and repeat it always. The Lord's Name is the source of all inspiration and strength. Cling to it. It is the best medicine for any disease.

20. Service

Serve the poor and the sick. Serve the needy. Serve those in sorrow and distress. Serve birds and animals. Serve with kindness, love and sympathy. Service is worship of God. In serving others you serve God. This is the highest religion.

21. God

God is live. God is truth. God is peace. God is knowledge. God is power. God is bliss. He dwells in your heart. He is your friend and guide. He is your real father and mother. Realise Him and be forever happy and peaceful.

22. Prayer

Pray, meditate and chant God's Names daily. Pray to Him with a heart filled with devotion and love. Pray to become a good boy or girl. Take complete refuge in God.

23. Simplicity

Be artless. Be simple in your speech. Do not twist words and topics. Be plain. Avoid cunningness and crookedness. Be simple in dress. Be simple in your food.

24. Become a Hero

Do not be timid. Be courageous. Be bold. Be cheerful. Walk like a lion. Talk boldly. Do not be shy. Be ever active. Have faith and trust in God.

25. Be Moderate

Eat less, study more. Sleep less, pray more. Preach less, practise more. Hoard less, give more. Talk less, listen more. Sit less, serve more.

26. Be Considerate

Remove thorns and glass pieces from the road. Learn first aid. Become a scout or guide. Help mother in the kitchen.

Clean the house. Wash your clothes yourself. Help the blind and the dumb. Help your mates. Make them understand what you have learnt.

27. Be Tolerant

Respect Respect all religions. All religions lead to the one God. Respect all saints and prophets. They are all messengers of God. The essentials of all religions are the same. Remember this point well.

28. Serenity

Be serene and calm under all conditions. Cultivate this virtue again and again. Serenity is like a rock; waves of irritation may dash on it but cannot affect it.

29. Only One God

There is only one God. But His Names and forms are endless. Call Him by any Name and worship Him in any form that pleases you. You are sure to see Him and get His Grace.

30. See God in All

Your father is your visible God. Your mother is your visible God. The teacher is your visible God. The guest is your visible God. The poor are your visible God. The whole world and all creatures in it are forms of God. Therefore, love, serve and respect all.

31. Surrender

Surrender to God is the highest prayer. Whatever has happened has happened by the will of God. What is happening is happening by the will of God. Whatever is to happen will happen by the will of God. Therefore, worry not, fear not. Be not anxious. Be not nervous. Trust in God and be ever happy and peaceful.

TWENTY ADVICE TO STUDENTS

1. Get up at 4 a.m. Never sleep at sunrise. Study your class lessons thoroughly every day.
2. Be regular in diet, games, and physical exercises.
3. Serve and respect your teachers, parents and elders.
4. Love your equals and inferiors as also your servants.
5. Never quarrel with co-students.
6. Talk little, speak politely, gently, sweetly and lovingly.
7. Preserve semen (vital fluid) very carefully. Never waste even a drop of this precious energy through any unnatural means.
8. Through Brahmacharya or celibacy you can conquer the whole world.
9. A true Brahmachari attains success in all undertakings.
10. Serve the sick at home as well as in your neighbourhood.
11. Be obliging to one and all.
12. Develop good character, memory and health with great care.
13. Pray to God daily for fifteen minutes as soon as you get up from bed and before you go to bed.
14. Develop concentration and deep thinking.
15. Do at least one act of selfless service every day.
16. Never neglect the study of Sanskrit.
17. Study by heart one sublime verse from the Bhagavad Gita every day.
18. Never attend cinemas.
19. Give up smoking and other bad habits.
20. Never waste your time. Be always busy. Avoid useless company.

If you put into practice the above instructions, I assure you an excellent career and grand success in your life. You will become a dynamic personality.

DAILY DIARY FOR STUDENTS

Maintain a daily diary in the following lines. It will help you greatly in your progress and quick success in life. This will remind you everyday of what you have to do. It will put you in the right path. It will be your guide and teacher.

1. When did you get up?.....
2. How long did you pray to God?.....
3. Have you got any arrears of your class lessons?.....
4. Were you disobedient to your parents and teachers today?.....
5. How many hours did you spend in idle talk and useless company?.....
6. What evil habit are you trying to eradicate?.....
7. What virtue are you developing?.....
8. How many times did you get angry?.....
9. Are you punctual in your class?.....
10. What selfless service did you render to-day?.....
11. Did you smoke? Did you attend cinema today?.....
12. Were you regular in games and physical exercises and how many minutes/hours you spent for it?.....
13. Did you do any action which your conscience did not permit?.....
14. Did you injure anyone in thought, word or deed?.....

Against each item enter your answers and remarks every day. At the end of one year you will find a great change in you. You will become a changed being. Be regular in the maintenance of the diary. Chalk out a daily routine and allot sufficient time for prayers, physical exercises, study of religious books, selfless public service through philanthropic institutions or by giving, free tuition to poor students. Stick to your routine. You will find marvellous improvement by maintaining a daily routine and spiritual diary.

Messages of His Holiness Shri Swami Chidananda Saraswati to Students

MESSAGE TO STUDENTS

(Lecture delivered by Sri Swami Chidanandaji Maharaj
at the 1st Zonal Orissa Divine Life Conference at Khurda Road
on 1st December 1974)

O Children of Immortality!

In brief I wish to give you the essence of your culture, the ancient message which your ancestors have given to you, especially to the young and especially to the students. I want to tell you very clearly that the need of the students and young people was well known to our great sages of wisdom. And so they gave a due place to the young people in human society. They gave a special set of principles in the concept of their life, and they formulated a special set of principles for the young people to follow.

Before I try to lay before you their concept of student life, their principles for young people to follow, I give you four sentences, which I want every young man and woman, all students, to memorise and keep as guidelines for your life. They are four brief sentences and they contain a very important message. These four brief sentences which I want you to listen carefully and keep in your memory are as follows:

"When wealth is lost nothing is lost.

When health is lost something is lost.

When character is lost everything is lost.

A person without character is not a man but an animal".

THE WEALTH OF CHARACTER

What distinguishes the human individual from the animal is our behaviour. There is a difference between the Charitra (character) of a Pashu (animal) and the Charitra of a

Manava (human being). If the Manava does not keep up to this higher standard of Charitra, then even though he may be a human individual in Roopa (form) and Nama (name), he is only an animal because his life, conduct and behaviour is more suitable to the animal than to a man. Through your behaviour you must prove that you are a human individual. If you have no control over your senses, if you have no principles for your living, if you are subject to anger and passion and gluttony (Kama, Krodha and Vishaya Vilasa), if you have no moderation, then there you have the animal. Therefore, you have to prove your human status not merely by reading a few text books and passing a few examinations and getting a degree, but by the manner of your life, conduct and behaviour. The highest wealth in human life, the highest wealth of youth, is the wealth of character. The most precious thing is character. That is your real treasure. If you develop a noble character, then you are really a wealthy person, which means your life is rich with this Aishwarya (wealth) of Satcharitra (noble conduct).

THE RELATIONSHIP OF CHARACTER TO HUMAN LIFE

What is the relationship of character to human life? The relationship of character to human life is the same as that of the foundation to the entire structure of the building which will be raised over that foundation. The most important part in the structure of the building is the foundation. If the foundation is well laid, if the foundation is strong, then the building will stand. You can raise it high, and it will last, it will be strong. If the foundation is weak or not properly laid, then any moment the building can collapse, the building cannot be lasting.

Even so is the life of the individual. If in young age, in his youth, in the period of student life the individual tries hard to develop noble qualities, to become strong in body, to acquire

will power, strength of mind and he is able to overcome all negative qualities like selfishness, egoism, pride, dishonesty, greed, weakness, overeating and slavery to senses; if by using his will power, the young man is able to become master over his senses, overcome anger, and develop truthfulness and honesty and he becomes a person of integrity and thus becomes a master of his senses, such a student lays a strong foundation for his future life.

Upon the foundation of a well developed character and conduct, one can build up the edifice or structure of a successful life. Whatever someone undertakes, he will succeed in it. Whatever profession he adopts, he will make headway in it. He will shine; he will earn the respect of all people. He will have a magnetic personality. He will have influence over his time. He will be a leader, for the power of character gives magnetism to the personality, and the power of character depends upon self control. Without self control you cannot be an ideal individual.

The secret of a successful career, the secret of a magnetic personality is self control and character which is the outcome of self control. The key to character is self control, and character is the basis of success in life. With character you can overcome every obstacle in life. You can succeed in all undertakings. You will shine brilliantly in every field of life.

THE ESSENCE OF BHARATIYA CULTURE

The essence of Bharatiya culture is character and the essence of character is in self-control, Samyama. All great personalities are people endowed with self-control, all people who have become immortal-Bhishma, Harischandra, Lakshmana, Markandeya, Savitri, Sita, Shivaji, Rana Pratap—all had strength of character. Therefore develop the great ideals of self-control, character, virtue, will-power and mastery over one's senses.

THE ESSENCE OF EDUCATION

Who is really an educated man? He who can see two paths-worthy-unworthy, proper-improper, right-wrong, Dharmic-Adharmic (righteous-unrighteous), and he who has the strength to say, "I will choose that which is proper, that which is according to the principle of Dharma, I will reject that which is petty, that which is unworthy, even though it is attractive, even though it may be pleasant. I know that I am a Bharatiya. Therefore I have to fulfil a certain Adarsha (ideal), and I am also a divine being. I am not this body. I am not the five senses. I am not this little restless mind. I am not this limited intellect. Beyond body, mind, senses and intellect I am an immortal soul. My wisdom which I have inherited as a Bharatiya, my culture which is Adhyatma Sanskriti (spiritual culture), tells me very clearly:

*Ajo nitya saswatoyam purano,
na hanyate hanyamane sarire*

Unborn, eternal, changeless and ancient, it is not killed when the body is killed.

THE INDESTRUCTIBLE SPIRIT

In this body, there is an immortal imperishable Self which is not affected even when the body is destroyed by death. It is unborn. It is permanent, It is eternal. It is beyond time, Anadi, Ananta, beginningless and endless. Fire cannot burn it. Water cannot wet it, wind cannot dry it, weapons cannot injure it. That is my true Self. I am the imperishable, unborn, eternal, indestructible Atma Swaroop. Indeed there is the imperishable within the perishable, the divine within the human, the spiritual within the material, and I am the divine, I am the eternal. Divinity is my true nature, and my physical nature, my Pranic nature, my mental and my intellectual nature are only temporary attributes. They have been superimposed on my real nature. My true nature,

my Nija Swaroop, is that I am Ajar (without old age), Amar (immortal), Avinashi Atma (indestructible soul), Nitya Shuddha Atma (ever pure soul), Divya (divine) Atma.

My Sanskriti has given me this knowledge. Therefore having received this as my heritage, I shall always be established in this inner consciousness. To be divine is my birthright. To be divine and to shine with divine qualities is natural to me. To exude fragrance is natural to sandal wood. To be sweet is natural to honey and sugar. Just as it is natural for ice to be cool and fire to be hot, the sun to be bright, even so it is natural to me to be divine, to be noble, to be good, to be loving, to be pure, to be truthful, to be wise, because that is my Nija Swaroop. In this way, I should have this awareness, that "I am divine".

The individual, when he is young, when he is laying the foundation of his life, must fill the first stage of his life with divine qualities, with noble virtues, with Divyata (divinity). Then his whole life is safe; his success is guaranteed.

THE GOLDEN PERIOD OF LIFE

I will tell you, my beloved young friends, the individual's life between sixteen and thirty is the most precious period. That period of fourteen years is a golden period. It is the most precious period. If this period is properly managed, if you are established in virtue, self-control, purity, truthfulness, then your entire life will be full of light, full of joy, full of success. Therefore, be most careful to mould yourself in this period. In whatever shape, in whatever pattern you put your life in these fourteen years, that pattern will remain throughout your life. It will become your permanent asset, Shashwata Dharma and Aishwarya (wealth). Therefore with eagerness, with enthusiasm, wisdom, try to mould yourself into an ideal pattern. Then you have already attained victory. Whatever seal or stamp is there in this period, it will remain forever.

But if you are careless, if you don't give attention to this period, if you allow it to go here and there, if you have no self-control, then you ruin yourself. If you don't attain the most important virtue of self-control at this period, then your life is lost. No one is to blame. Therefore pay special attention and try to acquire healthy, strong habits. Your whole life should contain healthy habits. And from your life you must keep out anything unhealthy, either physically, mentally or morally.

AVOID BAD COMPANY

In this connection, I would like to say two things. One thing that every young man, every student, every young girl should avoid bad company. Fly away from bad company. Bad company is more dangerous than fire or poison. Poison may destroy one's body; if you take poison one body will be dead. But if you get into bad company and develop bad habits that will become your inner Samskara (impressions) and Vasana (desire), and bad Samskara will go from birth to birth. Even if this body is reduced to ashes, the Vasanas and Samskaras will continue in your next birth also. Fire will burn only when you come into contact with it. It cannot harm you from far off, but the proximity of bad company will drag you down and bring about your downfall. Therefore avoid bad company. Be alone.

It is better to have no company, rather than risk bad company. If you must have company, have company of such people who elevate you, who ennoble you, in whose company you feel pure, you feel good, you are inspired towards higher idealism. This is one very important thing.

NEVER IMITATE THE WEST

As the second important thing for all students and young people, I will make this request. NEVER IMITATE THE WEST in its superficial fashion and way of life. There is nothing more shameful than imitation of Western or alien cultures. It shows

moral bankruptcy and that you have nothing of your own. Therefore you are trying to fill it with something which is not your own. It is most shameful for the youth of Bharatavarsha. One should never imitate.

If you want to emulate the West, emulate the good qualities of western society, cleanliness, punctuality, honesty. They are people with a sense of duty. They are industrious. They try to excel, to show their skill, they try to do their best and they are never idle. They are always conscious of their duty. In our country we don't imitate these higher qualities of western men and women, we only imitate that which is superficial. So imitation of fashion and passion, imitation of dress, hair-dress and life style - this is shameful, this is ignoble, this is not worthy.

**LEARN YOUR CULTURE:
BE PROUD TO BE A BHARATIYA**

Any person who is a Bharatiya should know that his culture is a rich culture. It is full of idealism. There are many great things to learn and copy for which western people come here. Therefore better learn your culture. Better find out the rich, noble qualities of your culture and be proud that you are a Bharatiya. Cultivate for yourself a Bharatiya life style, and that Bharatiya life style is what I have just now described to you.

By the strength and power of character you can keep your senses subdued, you can control the little desires and passions of the mind-Asha, Trishna, cravings of the mind and be a master in your own home, not a slave in your house. Therefore avoid bad or impure company and do not imitate the western superficial life style. This is not necessary for us.

You must shine as an ideal Bharatiya and you must live in such a way. If western people come here they must see you and realize what you are. We have got enough light to banish the darkness that is prevailing in the material world. We have

enough light to give them, to bring light upon their life's path. Guide them towards a higher goal. As a Bharatiya it is your privilege and duty to evolve this higher idealism. When you grow older you must be able to show the rest of the world the higher culture and higher ethical values for which your country stands. This is the real essence of your country's culture. Therefore do not imitate and avoid bad company.

THE FOUR STAGES

What has your ancient culture to tell about youth and student life? Your ancient culture has divided man's life into four stages and given them the name 'Ashrama'.

Four Ashramas-what is this Ashrama Dharma? In each stage there are certain ideals and principles laid down, and that is the Dharma of that particular Ashrama. The fourth-the last Ashrama is Sannyasa Ashrama. At the end of life, the individual should take Sannyasa. The third Ashrama is Vanaprastha Ashrama. After having fulfilled the duties of the second Ashrama, one must retire and turn the attention to higher things.

The second Ashrama is Grihastha Ashrama, the stage of the householder. It means marriage, having a wife, children, doing Udyoga, professional duties, social duties, domestic duties to his own Parivar-his mother and father and relatives. The second Ashrama is Grihastha Ashrama. What is the first? It is the Ashrama in which you are living. It is called Brahmacharya Ashrama.

What is Brahmacharya ? Brahmacharya has got two meanings. The real meaning is that Charya or that conduct of life which ultimately leads you to Brahma Jnana (knowledge of Brahman) or Brahma-Sakshatkar. That is Brahmacharya. The pattern of living or the way of living and acting will bestow upon you Brahma Jnana, Brahma-Sakshatkar. Secondly Brahmacharya means a life of self-control, control of all the

senses, all impure desires, control of anger and passion. It means self control. This is Brahmacharya. It means not merely remaining unmarried. That is not the proper definition. It means the first stage of life that is youth.

In those days they regarded human life as being hundred years in span. But who lives for hundred years now-a-days? The life span has become shortened. In these first 25 years one must lead the student's life. By the time the engineering students, medical students, law students finish their degree, they are 23, 24 and therefore Brahmacharya Ashrama means till age 24. You can regard Grihastha Ashrama from 24 to 45 and Vanaprastha from 45 to 60. After 60 one must take Sannyasa. Now we are not concerned with the second, third and fourth Ashramas, but with Brahmacharya Ashrama, the most important stage, because upon this depend the three other Ashramas. If the Brahmacharya Ashrama is properly lived he will become an ideal Grihasthi, he will become an ideal Vanaprasthi, and he will become an ideal Sannyasi. If in the Brahmacharya Ashrama you don't live properly, if you have no character, no conduct-then what happens? You cannot become an ideal householder. Your children will be unhealthy. If you have no self-control and your actions are not based upon virtue, your life will be full of wrong deeds, and in Vanaprastha Ashrama you will become a miserable person, and your whole life will become a failure.

Success or failure in life depend upon how you have lived the first quarter of your life, and in this connection they have laid down three great duties. What are the duties for the youth and the Vidyarthi (student) in the Brahmacharya Ashrama? One important duty is self-evident. The student's first concern is to attain knowledge-acquire knowledge. But in your ancient culture knowledge was not merely confined to history, science, mathematics, civics. It also meant knowledge of a profession and knowledge of life; how to live an ideal life. Why have you

come here? To know your real nature! It meant Naitika Vidya (moral science), Naitika Shikshana or Dharmic Vidya. It also meant Adhyatma Vidya (Self knowledge). You have to learn Bhautika Vidya (material knowledge) in order to have Udyoga (business) and be independent, earning income and be able to support your wife and children when you enter the second Ashram, the Grihastha Ashrama. But if you want to live a noble life and get a good name in society, you must know what Dharma is, what Niti (ethics) is. So study Manu Dharmashastra, Yajnavalkya Smriti, the science of right conduct. You must also learn Naitika Shiksha (moral education).

Each student must know the Srimad Bhagavad Gita by heart, and you must learn a little Sanskrit. The Gita contains the essence of Adhyatma Vidya (spiritual knowledge). Your whole Sanskriti is based upon knowledge, the knowledge of the Vedas. Your Dharma is called Vedic Dharma, and the real name of your religion is Sanatana Dharma or Vaidic Dharma, which means Dharma based upon Vedas and the wisdom of Vedas contained in the Upanishad. The essence of the Upanishads is given in the Srimad Bhagavad Gita-containing only 700 Slokas. If you learn by heart one Sloka every day, in two years the whole Gita will be at your command. If you are more eager, if you learn by heart one Sloka in the morning and one Sloka in the evening, then in one year you will know the entire eighteen chapters or 700 Slokas by heart. In the Gita is the essence of the Upanishads-the essence of your Adhyatma Vidya-spiritual wisdom. So to attain wisdom, to attain knowledge-secular knowledge, ethical knowledge and spiritual knowledge is one of the primary duties of students in the Brahmacharya Ashrama.

Secondly, if you want to make use of your own Vidya, your secular ethical and your spiritual wisdom-you have to translate it into action. You must live it, and you can effectively practise whatever you have learnt only if your health is good, if

you have got a strong, healthy body. Therefore the second important duty of the student is a Dharmarthakamamokshanam arogya mulamuttamam. The basis, the root of Dharma, Artha, Kama, Moksha is a strong and healthy body. Therefore you must daily do exercises, Asana, Pranayama, Surya-Namaskar and develop a very strong body. You must cultivate healthy habits. Go to bed early, wake up very early in the morning. Take a cold bath. Do some Surya-Namaskar. Have some Asana practice, do vigorous physical exercise and eat moderately. First you must have a Vajrakaya (strong body) like Maruti. Hanuman should be your ideal. Bhishma should be your ideal. Swami Vivekananda should be your ideal and Bhima or Lakshmana should be your ideal. In this way you should be strong in your body. Then only you will have strength of mind. Because body and mind are interconnected. If the body is weak, the mind cannot be strong. You cannot develop will power. Therefore developing a strong body and establishing sound physical health-Arogya (health) is the second important duty. The body is the instrument of Seva (service) and successful endeavour. Any Purushartha (endeavour), any Parishrama (hard work) is possible only if your body is strong.

Thirdly, the last most important thing is development of a noble character. Once this age passes, you cannot change your character, because in young age, you are like bricks which have not yet been put inside the kiln. The clay is still soft; you can alter the shape. You can put upon it any Chhap (imprint). You can mould it. You can change it. But once you have put a brick inside the kiln and it becomes hard, then you cannot change it. If you try to alter the shape, it will break. So whatever you want to do, do it in this stage. When a plant is tender, it can be turned in any direction. When it becomes a big tree you cannot bend it. It will break. So in this age, you can mould your character, you can make your behaviour, you can make your

Swabhava (nature) in any way you want. But if you wake up too late and then try to change it, you find that you cannot. Your nature has become hard, crystalised. Therefore, now is the time when you can give any shape.

Remember the greatest disease of human society is selfishness. Arrogance and anger is not a sign of strength. Try to learn this. As a sign of self-control always be humble, simple and unselfish. Let your character shine with selflessness. Let it be endowed with simplicity, humility and forgiveness. Study 'Sure Ways of Success in Life' by Swami Sivananda and 'Self-Indulgence vs. Self-Restraint' by Gandhiji. Let self-help, moderate living and character be your motto. Be an ideal student.

May God bless you !

(Source: DLS Booklet "Message to Students" - 2014 Edition)

TO THE YOUTH AND STUDENTS OF INDIA

(Message of Swami Chidananda to the youth and students who participated in the All Orissa Youth Camp held at Brahmapur in the state of Orissa from 25.05.2005 to 31.05.2005)

Radiant Divinity !

Blessed Children of Immortality,

Greetings and good wishes to one and all of you in the holy name of our beloved and worshipful Gurudev Sri Swami Sivanandaji Maharaj. May God Bless you all with wonderful health, happiness, long life and success in your studies and activities. May your entire life be a steady and onward process of seeking to fulfill a noble ideal in life.

This is a world where you have to prove your worth by sincere exertion, honesty and dedication to duty. You have to prove your worthiness by the manner in which you live your life. Exertion and perseverance are the secrets of success.

You are now in the most invaluable, most precious period of your entire life. Your age, from the 16th year to the 30th year, is verily a golden period and it holds the key to highest blessedness. It is the foundational period upon which the structure of your whole life will have to stand. Prepare yourself to utilise this golden period in the most careful and wise manner. Your life and actions will be whatever you make of them. You are the master of your destiny. You fashion your future by the manner in which you live in the present. Your thoughts are the seeds for your deeds. All actions: mental, verbal and physical are ultimately subject to the law of Cause and Effect; action and the result of the action. Therefore, think only sublime, normal and noble thoughts free from all abnormality, crookedness and concealment.

Through the power of right thinking (Sat-chintan) and

right reasoning (Sat-vichar) carve out a noble future for yourself. A master sculptor works patiently upon a block of stone before him, chipping and chiseling away portions of it that stand in the way of the latent beauty within the stone which the artistic vision of the sculptor is able to perceive clearly. Similarly, you must work upon yourself patiently, perseveringly and with keen interest and sustained enthusiasm to reveal from within yourself the hidden beauty of pretty pleasure. Life is a precious gift from God. You, who have received this gift, make the highest use of it.

Most Blessed Yuva Bharati ! you are the wealth of the Nation. Shine with the inner Light of your true, essential, spiritual nature. You are Divine, deathless and immortal. Countless divine potentialities are hidden within you. Manifest them. Shine like a Divine personality. Connect yourself with the Universal Soul through daily devotion and worship. Commune with Him through prayer.

Cultivate healthy habits. Early to bed and early to rise must be your motto. Do not destroy precious life by wasting away priceless time staring at the T.V. Television is the time consumer. It is a dangerous "ayuh-bhakshak" and will swallow up your life, little by little if you do not be aware and recognise its dangerous nature. Form the habit of prayer, physical culture and serious study. This habit will help you greatly. Be a master of your five senses namely sight, sound, taste, touch and smell. Control all wrong desires. Conquer your mind. This is the greatest strength. Develop noble character. Be not a slave to wrong habits. Overcome them all by your determination. There is nothing impossible for one who refuses to give up. Keep only good company. Do not read petty and unclean books that stir up gross, lower propensities and stimulate impure passion and animalistic tendencies. Have noble, moral principles to live by. Adhere strictly to them. Keep a sublime ideal before you.

Character is the greatest wealth. Self-discipline is the greatest strength. Anger is terrible weakness. Make yourself an embodiment of everything that is lofty and great in our Indian culture. (Bharatiya Sanskriti).

Blessed young friend ! Radiant Divinity ! Let this present Youth Camp which you are now attending, be a new chapter in your life. May this camp be a preparation for making a process of steady progress towards your ideal. Remember lessons learnt in the camp here. Resolve to make the present a time of wise and careful preparation to profit through these lessons. Move towards the future with confidence, that you will effectively and successfully make it most gainful in self-development and achievement in your studies, your physical culture, your character building and in your personal and social life and cultural activities.

May you take one more step forward in the process of making yourself an asset to your own family as well as your country and to the world humanity. I wish you all the highest success in this noble endeavour. I wish you health, happiness, peace and prosperity. Adopt Seva Dharma as your motto and maxim in your life. Be a noble Paropakari. Go forth on the highway of life as a source and centre of benefit and usefulness to all God's creatures. This is real life. May your family be proud of you. May Bharat Mata be proud of you. I am proud of you. Gurudev Sri Swami Sivanandaji Maharaj's Grace and Ashirwad are already upon you. Therefore, rejoice and march forward to meet life and make a success of living it. Rise above all pettiness. Be a giver, not a taker from life. This is Gurudev's teachings: to give and to benefit others. This is the ideal of Indian Culture. My very best wishes for a very happy and purposeful life. Jai Jagannath! Jai Gurudev ! Jai Hind!

(Source — "Radiant Youth" — Edited and published by Swami Gurusevananda)

Be good. Do good. — Swami Sivananda

**Advices of His Holiness Shri Swami
Chidananda Saraswati to Students**
**HOW TO LEAD A SUCCESSFUL LIFE AND
TWELVE KEYS TO HAPPINESS AND
SUCCESS FOR YOUTH**

HOW TO LEAD A SUCCESSFUL LIFE

Please try to understand the correct implication of the term "successful life". When you talk of success with reference to life, it does not merely mean succeeding in everything that you undertake or do; it does not merely mean succeeding in fulfilling all wants or getting whatever you desire; it does not just mean acquiring a name or attaining a position or imitating fashionable ways and appearing modern or up-to-date.

The essence of true success is what you make of yourself. It is the conduct of life that you develop, it is the character that you cultivate, and it is the type of person you become. This is the central meaning of successful living. Such successful life is one that succeeds in producing an ideal individual. Your success is not measured in terms of what all you obtain but in terms of what you become, how you live, and what actions you do. Upon this point reflect well and attain great happiness.

Are you committed to something very definite, very clear, very unmistakable? Ask yourself this question. Keep on asking until you are clear, until you are absolutely certain about your answer to this question. For according to your commitment, that will be your life.

God's plan for you is the ultimate experience of the divine perfection which is your innermost reality, which is your true self. Let life become this process of fulfilling God's

plan for you. You will bless your own immediate environment, your nation and the entire world.

TWELVE KEYS TO HAPPINESS AND SUCCESS FOR YOUTH

1. DEVELOP A CLEAR CUT AIM

First, you must form a correct conception of how you wish to develop and perfect yourself. You must cultivate a clear-cut idea of what you want to become. This will give you a definite and clear-cut aim in life. Without such an aim, your life cannot move forward powerfully and progressively. You will be pulled in different directions and your mind will be distracted and much energy will be wasted. You can avoid all of these if you have a well-defined aim or a set of a few definite objectives. Then there is no confusion in your way. You know what you wish to attain and in which direction to proceed. Therefore, you also understand what is right and what is wrong, what is desirable and what is undesirable, what is to be accepted and what is to be rejected in moving towards your aim of life. Such definiteness gives you great inner strength. It develops will-power. It makes you a positive personality. There will be no more negative trends in your life.

2. DRAW UP A WISE PROGRAMME

The second important thing is to draw for yourself a wise programme of life to help you to develop along the desired lines and to gradually attain the aim of life. Such a programme will provide a plan of action in meeting with all problems that face the young student, the growing youth, to deal with all situations that arise in your life, to meet and overcome temptations with firm mind and to surmount obstacles with boldness and self-confidence. The power to do this exists within you already in its latent state. It has to

be unfolded and activated. A proper understanding of your own mind, its behaviour and habits, and the law that governs the inner activity of the mind become very, very helpful in living this wonderful and interesting period of your life.

3. GUARD YOUR HEALTH

Now we come to the factors upon which depends the proper working out of your programme of life. Health is the key factor. Without health you can do nothing. Without health you can succeed neither in studies, nor in character-building, nor in sports and social activities, nor in home-life. Health is a matter of careful living. It is got not only from things you eat and 'drink, but it is also obtained from your wise and careful avoiding of such things that are not good for your health. Eat for your health. Eat for your strength and not for your taste. Eat to live and to serve. Do not live to eat. Eat simple food. Go to bed early and get up early. Acquire healthy habits. Do regular exercise daily. Be moderate in eating and drinking. Chew your food thoroughly. Do not overeat. Do not eat without hunger. Avoid things that do not agree with you.

4. CONSERVE YOUR ENERGY

Then you must conserve your energy. Never waste your energy in useless pursuits. Too much talking and gossiping, aimless wandering, habit of worrying, losing your temper frequently—all these drain away your energy. Give up all habits that are likely to have an adverse effect on health. Smoking and illegal drugs are a curse upon students. Be established in perfect Brahmacharya (purity). Abstain from sexual activity. Preserve health, conserve energy, develop physical and mental strength and thus lay the foundation of a successful life.

5. VALUE CHARACTER

Value character more than anything else on the earth.

Be good. Do good. — Swami Sivananda

Be perfectly truthful. Do not. let your speech be vulgar or rude. Speech must be clean, polite, and joy-giving. Cast away egoism, pride and selfishness. These three form the blemish upon human character. They arise out of ignorance and greed. Ignorance makes you proud and egoistic. Greed makes you selfish. They lead to dishonour and unhappiness and failure in life.

By leading a simple life and having a cheerful disposition under all circumstances, you can overcome selfishness and egoism. Your life and conduct must be the cause of happiness in other people.

6. ADOPT VIRTUES

Adopt certain virtues and principles and stick to them in all your activities of life. Never leave these principles. Never move away from virtue. These principles will be your true friends and helpers. They will assure your progress and ultimately grant you supreme happiness and success. Periodically make certain simple resolutions to practise those virtues. Maintain a personal diary wherein you make a careful note of your day-to-day conduct, speech, and behaviour. This will reveal to you how far you are advancing and show you your mistakes and where you must correct yourself. Such a diary will be your friend. It will reveal your weakness and teach you humility.

7. PRAY TO GOD

Pray to God and ask Him for inner strength and guidance. God's Divine Name has immense power. Repeat His Name always and remember him under all situations.

Remember God constantly with love in your heart. Have absolute faith in your inseparable relationship with Him. Cultivate constant remembrance of God by seeing His invisible presence in and through all things in this universe around you. God is not some remote reality far away from

you. But God is here and now. He is all pervading Reality, the ever present Divine Spirit pervading this entire universe. And also He is your innermost self. He is closer to you than your very breath. Never forget this. Even when you are engaged in your daily activity, begin to feel the presence of God.

8. REFLECT UPON IDEAL PERSONALITIES

Reflect upon the lives of ideal personalities. Draw strength and inspiration from their lives and teachings. Try to mould your life upon their pattern. Always have a great ideal before your mind. Think of it at all times-morning, noon, evening, and night. Develop it into the constant background of your thought. Then your mind will never be idle or vacant. This is important because right thinking is the key to noble living.

9. BE KIND

Out of your life there must flow out ceaseless love, kindness, and compassion. Never hurt anyone. Never hurt even the least one of God's creatures either by thought, word, or action. Even in dreams you should never think of harming or hurting any creature. This sublime principle of non-injury, harmlessness, is given a very great place in the eternal Vedic way of life. Be a centre of help, be a centre of benefit, be a centre of happiness and peace to all. Never injure, never hurt, never harm any living creature.

10. BE ABSOLUTELY TRUTHFUL

You must be rooted in absolute truthfulness. Even at the cost of your life, never utter falsehood. Never be dishonest in any of your dealings with anyone in this world. Be a person of integrity, of verity. Become established in truthfulness in thought, word, and deed. Truth is God. One who practises truthfulness rigidly will attain God. God is present in this human world as the sublime principle of truthfulness.

11. SERVE OTHERS

The vexing problems of this modern world, its clashes and conflicts, its greed and exploitation, its hatred and hostilities, its mad craze for selfish acquisition will never cease or be relieved until and unless there is a change of outlook in man towards his neighbours and towards his life around him. Man makes life what it is. And life around man is but a reflection of what he is. The only rational and lasting solution to the afflictions that beset the organised society of civilised men is a reinstating of the spirit of selfless giving into its rightful place in your life. The more you give of yourself, the greater will be your conquest over sorrows and sufferings and your ascent into peace and bliss.

12. THINK NOBLY

As you think, so you will become, just as you reap what you sow. In the same way, you will ultimately experience and attain what you constantly think and feel. Your inner thoughts lead to outer action. Repeated actions grow into habits. Such habits become permanent qualities in your very nature. This nature goes to form your character. Your future and your destiny is the direct result of your character. Understand this very well. Carefully bear this in your mind. Think and act with this knowledge. Your inner thoughts are the seeds of your ultimate destiny. Safeguard your thoughts and feelings. Think nobly and virtuously. You will become a noble man or woman. You will attain greatness and make your life fruitful. More than all the books that you read and study, more than all your lessons and examinations, more important than everything in life is the cultivation of virtue. This is the source of ultimate happiness. Become good and great.

The Booklet
“STUDENTS, SPIRITUAL
LITERATURE AND SIVANANDA”
(By Sri Swami Chidananda)
is reproduced hereunder
PUBLISHERS’ NOTE

Swami Sivananda’s name has become synonymous with the dissemination of spiritual knowledge. Illustrious author of over 300 books, Swamiji has endeared himself to all humanity through his catholic teachings spiced with love and understanding. Swami Sivananda takes a special interest in the younger generation. During his all-India tour in 1950, he gave preference to schools, colleges and universities for lecturing and demonstration of Yoga exercises. Unlike platform orators, Swamiji does not rest content merely with saying that the youth is the hope of tomorrow; he works day and night to mould the younger generation into future citizens. “Students are moulded to the education they receive,” says Swamiji. At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: “I speak as your humble Sevak and ‘Hitakankshi’. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own.” Gurudev’s gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous—the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

Be good. Do good. — Swami Sivananda

Millions the world over have benefited materially and spiritually through the study of Swamiji's life-transforming works. Thousands have personally visited the master and have had the benefit of his Darshan and personal instructions. One such blessed soul is Sri Venu (son of Sri S.K. Guptaji, Executive Engineer, Patiala). Soon after the schools closed early this summer, Sri Venu came straight to Shivanandanagar to 'enjoy' his vacation with Satgurudev. An unusual way, indeed, for a modern student to enjoy his vacation! Asked what brought him here, Sri Venu was quick to reply: "I find peace in the atmosphere here." A robust intelligence and an innate cheerfulness coupled with the seriousness of a Sadhaka and an unshakable faith in his Satguru and his teachings made it possible for this young student-disciple of Swamiji to make remarkable progress in the study and practice of Yoga and Vedanta during the short spell of two months he stayed in the Ashram.

On the eve of his return home, Sri Venu heard of the Sivananda Literature Festival. The idea of a 'Literature Festival' was novel to him and it evoked in his inquisitive, youthful mind a series of questions pertaining to the study of literature, the choice of books, the benefits of Svadhyaya and so on; and, he approached Swami Chidanandaji to know more on the subject. The following pages record the conversation that followed, a conversation that abounds with useful and practical suggestions for students by Swami Chidanandaji. Added at the end is a Select Bibliography for students of Sivananda Literature.

The credit of sponsoring this beautiful publication goes to Swami Brahmajnanananda (Rudrani Mataji) and Sneh Gandotra Mataji of Dehra Dun.

- THE DIVINE LIFE SOCIETY

BE THOU A RADIANT TORCH-BEARER

*(Message from Parama Puja Sri Swami Sivanandaji
Maharaj of Rishikesh for the celebrations of the Sivananda
Literature Festival at Patiala, Punjab)*

Children of Immortal Light!

Om Tat Sat. Sat Shiri Akal. All glory to the Supreme Paramatman, who is the Light of this universe, the inner Light that shines in your heart and the great Light Atmajnana that illumines the Jiva and bestows to it freedom and Immortality.

It is with immense joy that I send this holy message upon the happy occasion of this festival that you are all celebrating to honour and glorify spiritual literature. I rejoice to be in your midst in spirit and take part in this holy Utsav. The spiritual and Dharmic literature of every country and race is its most treasured and greatest wealth. The beloved culture and civilisation of each country is based upon the noble ideals expounded to it in its scriptures and its spiritual literature. This literature therefore forms the most important heritage of the country. The life of the people gets its strength and inspiration from this fountain source of its culture. Without such spiritual literature, darkness will prevail on the earth. Dharma and spiritual books are like God's own light in this world of man.

Spiritual books show the path of light. They guide you along the way of righteousness and Dharma. They lead you to happiness, peace, true prosperity and success. They are a treasure-house of invaluable teachings that bring about supreme blessedness and joy in your life. They contain words of power that lift you to noble heights and transform your lives. They inspire you to help you to overcome weakness and evil, and fill your life with virtue and goodness. They make you an ideal person full of goodness, purity, truth, faith, devotion and Paropakara. They contain spiritual force and Divine power. They

are God's boon to humanity. They are the greatest need of today when the world is suffering due to its going to wrong path and neglect of faith, devotion and worship.

This Festival which glorifies and honours such holy literature and spiritual books serves an important and significant purpose. It draws the attention of all people to this treasure that they have within easy reach. It introduces them to their real friend-in-need and companion in life who will always guide them from day to day giving strength and consolation and light. It also effectively awakens them to the rich heritage that they possess and the great and lofty use they can make of it and attain true peace, happiness and success in life. A festival like this is therefore a rare blessing and a unique good fortune to all citizens of the place. It brings a new light and a new uplifting and ennobling power into their lives.

Young Sri Venu is heralding a new dawn in the city of Patiala and causing a unique awakening through this literature Festival. Venu is a worthy son of a most worthy father. Sri S.K. Guptaji is an ideal Grihastha-Sadhaka and "like father like son" is proved true in regard to Venu who is a philanthropist and saint in the making. He is keenly interested in leading an ideal student-life and in spreading the sublime Gospel of Divine Life and Ideal Sadachara amongst all the student-world. This is a noble attitude indeed. May God bless him with all progress, prosperity and success! He has the inspiring example, practical guidance and the blessings of his noble father.

Blessed Children of Divinity! beloved citizens of Patiala, arise and awake unto this new spiritual dawn! Behold the sun of DIVINE LIFE upon the joyous horizon. March rejoicingly upon the path of Yoga and Vedanta which leads to infinite happiness. Embrace spirituality. Practise Purity. Develop nobility. Do Charity. And attain Divinity. Draw inspiration from the saints and sages by regular daily study of their spiritual books.

Be good. Do good. — Swami Sivananda

Read spiritual literature systematically without fail just as you take food daily. Such reading and daily study will prove to be your most profitable occupation. It will enrich your lives here with peace, poise and joy. It will bestow the highest Wealth of all wealths by conferring upon you divine realisation!

May Peace and Bliss be unto you all!

1959

Sivananda

STUDENTS, SPIRITUAL LITERATURE AND SIVANANDA

1. SPIRITUAL BOOKS AND THEIR BENEFITS

Ques: What is meant by ‘Spiritual Literature’, Swamiji? What benefits can students derive by studying such literature?

Ans: By ‘Spiritual Literature’ is meant not only standard works like the Ramayana, the Mahabharata and the Bhagavad Gita, but also all those writings of saints and sages, all those works by men of Godly wisdom which uplift the reader, help him to lead a better life and take him nearer to God. By reading such literature, students will derive wonderful benefits. The elevating ideas contained in such literature will inspire them and make a lasting impression on their adolescent minds so that their whole mode of thinking and living will be shaped on a noble, divine pattern. They will develop the ability to think rightly and act rightly.

Secondly, study keeps your mind occupied. You should never be idle. Haven’t you heard the saying, “Idle brain is devil’s workshop”? If you sit idle or if you read the wrong type of literature like novels and comics, your mind will be assailed by a whole host of debasing thoughts and these will go on developing. Bad thoughts will lead you, in course of time, to bad ways of living and you will become miserable. That is why you should always read elevating, noble literature.

Thirdly, constant study develops your mental capacity and power of grasping finer ideas. You will develop a high degree of concentration which will help you in whatever profession you may choose in later life.

Fourthly, you must remember that books are a mine of knowledge and knowledge is power. For instance, by reading books like “First Aid” and “Home Remedies,” you can equip

Be good. Do good. — Swami Sivananda

yourself with useful knowledge and serve poor people in distress.

Further, books containing noble thoughts, ideas and living lessons from inspiring lives are in the nature of invaluable food for thought. They provide ethical and spiritual nourishment to all persons, old and young alike. Thoughts and ideas mould a person's character. You all know the great law that as a man thinks so does he become. Thus, by regularly reading pure and great books written by noble and godly persons, the mind is filled with pure and sublime ideas. These help to transform you into noble persons with lofty character and godly nature.

Thus study of such books becomes the basis of a noble and glorious life.

2. HOLY AUTHORS

Ques: Who is authorised to write Spiritual Literature?

Ans: Not all are authorised to write Spiritual Literature, for if they would say something wrong, there is the danger that the reader might be misled into following the wrong advice. You must remember that with the masses the printed word goes for Biblical Truth. It is only the God-realised Sage, who has all the weight of Divine Authority behind him, who is competent to write spiritual literature. It is also permissible for advanced Sadhakas, those who practise what they say, to write about spiritual matters.

Apart from this type of spiritual literature, there is however the permanent treasure-house of divine wisdom in the form of the great scriptures which are the wealth of all mankind. The Upanishads, the Gita, the Bible, the Koran, the Gathas of Zarathustra, the Ramayana, etc., form such lofty literature to which everyone can turn for daily inspiration and draw strength, light and guidance.

Sages of personal spiritual Realisation and practical Wisdom like our Sat Gurudev Swami Sivanandaji Maharaj are the most eminently authorised persons to write spiritual

literature.

3. TRANSFORMING POWER OF DAILY STUDY

Ques: How do spiritual books transform the life of a man?

Ans: Spiritual books transform the life of a man by imparting true knowledge and opening his eyes to the true purpose of life. Let me explain what I mean.

These days, even when a man passes his M.A., he is ignorant of the real purpose of life. He takes a degree merely to get a petty job and an income. Then, he marries and begets children. Some people, dissatisfied still, divorce their first wives and marry again. The foolish man thus searches in vain for happiness in wealth and women, without understanding that both wealth and women are perishable. Spiritual books tell such a person that lasting happiness cannot be had in perishable objects but can be had only in God. They will point out that real life consists not just in eating, drinking and sleeping. Even animals perform these functions. Man has a far higher purpose in life. It is man's privilege to seek and achieve perfection through God-realisation. Spiritual books, by pointing out to you the purpose of life, by pointing out what is right and what is wrong, by suggesting various practical means of moulding your life on the pattern of great spiritual heroes, help you to shed vices, develop virtues and build up a noble personality.

They teach you to make a success of your life by living for the true goal of existence. They endow your life with a rich meaning and save you from the temptations of petty and base things by constantly keeping before your vision the inspiring picture of a high ideal. These spiritual books contain words of authority and power derived from a higher source and this infuses the sincere reader with inner strength and provides him with a powerful urge towards a progressively nobler and better life. Thus, though silent, they are yet dynamic life-transformers.

Throughout the history of this world, spiritual books have played a distinct role in moulding the characters and personalities of great leaders of mankind, in all fields of life. Sivaji, Abraham Lincoln, Gandhiji are some of the standing examples. The influence exerted by great books upon the lives of men is an undeniable positive factor in human progress.

4. MOULDER OF STUDENTS

Ques: How far will Sivananda Literature help to mould students' thoughts?

Ans: Spiritual literature always helps and elevates—not only students, but everyone. The mind needs food just as much as the body does. If cattle are fed on good prepared food in the cow-shed, they will no longer go out to graze on rubbish. Even so, if the mind is fed on good thoughts contained in spiritual literature, they will no longer entertain a taste for cheap literature.

You must, however, notice one point. While spiritual literature always helps, the extent to which it benefits a man depends upon the man himself. You will be benefited to the extent to which you already possess a moral character, have a liking for spiritual subjects and have faith in the book and its author. What is true of spiritual literature, in general, is true of Sivananda Literature also. In addition, Sivananda Literature has the quality of converting even sinners and atheists; this is because of the Divine powers of the writer. It is because Swamiji's appeal is forceful, His style is simple. He directly addresses the reader and thus touches his heart with his rousing divine message. He shows practical ways and means of overcoming impurity and evil and becoming divine. He infuses confidence, optimism and inspiration into you. He speaks to students from their own level and counsels them as their friend and well-wisher. He always takes the positive course of encouraging them and infusing new hope and optimism into

them. He seldom takes the condemnatory attitude. Hence his books appeal to the youth and are effective in moulding their thoughts and conduct.

5. REAL WEALTH OF MANKIND

Ques: Is it true that Swami Sivananda's works have enriched the world's spiritual literature?

Ans: Absolutely. Gurudev's works are so many gems added to the spiritual literature of the world. Swami Sivananda, being a God-realised Soul, whatever flows out of his pen turns out to be spiritual literature of the highest order. Sivananda Literature has come as a God-sent gift at a time when the world is passing through a severe crisis in values. You will appreciate that Gurudev's message of "Serve, Love, Give, Purify, Meditate, Realise," beautifully amplified in his numerous works, is a valuable addition to the spiritual values of the world's religions.

The especial way in which Swami Sivananda has enriched the world's spiritual literature is through his simple and lucid presentation of even abstruse and subtle philosophical truths, by his interpretation of the true spiritual import of religious teachings in a manner suitable to and acceptable to the modern man and by his bringing out the fundamental essentials of spirituality from amidst a vast mass of non-essentials. He has given the gospel of practical religion, active Dharma and the universality of the Divine Life underlying all religions and scriptures.

Some may say, "There are already many religious and spiritual books. Where comes the question of additional enrichment of existing literature?" But, the fact is that Swamiji's excellent spiritual literature has come as a direct God-sent gift to meet one of the greatest needs of our modern times. Perhaps at no time in the past has mankind stood in greater and pressing need of literature like Gurudev's writings. Almost all religious

literature in their original are archaic in style; moreover, they are written many a time in obscure and allegorical language whose meaning is not immediately perceptible. Thus, they are not of much effective use to the vast mass of mankind. Moreover, the traditional method of presentation of ethical and spiritual truths was such that the essential teachings were surrounded and almost buried under a whole mass of non-essential, and sometimes irrelevant detail, that to the normal reader they were inaccessible. These non-essential details swelled the size of the scripture to such an extent that the very size frightened the ordinary man away from their perusal. Modern man had hardly time even for his routine personal hygiene, food and rest etc. Such being the situation, Swami Sivananda has enriched the spiritual literature of the world by culling out the most precious essence from the ocean of scriptural writings and presenting them to modern mankind in a modern language, in simple style and in a direct and forceful manner, peculiarly all his own. Also, his writings spotlight the practical aspects of religion and spiritual science. Thus, his books tell you not so much what you should believe in or what you should merely know, but they tell you in an emphatic and a powerful manner what you should be, what you should do and how you should live your life. His writings expound practical spirituality and living religion. This is one of the special reasons why Swamiji's books constitute a distinct enrichment of the world's spiritual literature.

6. BOOKS TO BEGIN WITH

Ques: What books should I take up to begin with, Swamiji?

Ans: Always choose those books which inspire noble feelings in you, which bring new, uplifting ideas to your mind. By reading a book, you should always become better. The book should always take you higher and higher, in every way. Again, read those books which add to your fund of real, useful knowledge. Read the Ramayana and the Mahabharata. They are full of

morals and inspiring stories. Read abridged editions, if you have no time for the originals. Read some of the books written by Guru Maharaj. He gives the essence of religion in simple language. As you know, he has written many books specially for young boys and girls. Read his “Ethical Teachings,” “Sure Ways for Success in Life and God-realisation,” “Practice of Brahmacharya,” “Students’ Success in Life,” “Divine Stories,” “Divine Life for Children,” “Gita for the Young,” “Gita Essence for Children” etc. Study his works on Mind Control and the Cultivation of Virtues. You will be immensely benefited.

7. SECRET OF SVADHYAYA

Ques: What is the benefit of reading books like the Ramayana and the Gita, again and again, every day, Swamiji?

Ans: I shall tell you why repeated Svadhyaya or study of spiritual literature is necessary. You will understand it better if I give you an illustration. Take a nail and try to hammer it somewhere, in one stroke. The whole of the nail will not go in. You will have to hit it repeatedly, several times before it gets in well. Also if you wish your body to grow or a plant to grow you don’t simply feed or water it once and sit quiet. You have to take nourishment daily. You water the plant daily. You do this day after day without fail. Similar is the case with study of spiritual literature. It is only by daily reading that the ideas will get deeper and deeper into our mind. The mind will be gradually purified. Study of sacred scriptures like the Gita set up beneficial vibrations and thought-currents in your mind. They will shape your life nicely and you will also gradually become a hero like Arjuna or Bhishma or Hanuman by constantly dwelling on their noble virtues. Even if you read these holy scriptures without understanding their meaning, the atmosphere wherein you read them will be purified—just as a cheerful atmosphere is created when you meet your friends and exchange some words of greeting which may not have any significant meaning. Reading

of scriptures is always good and when it is done with a knowledge of the meaning, the benefits are increased manifold.

Moreover, as you breathe fresh air regularly, constantly and continuously in order to sustain your Prana and similarly eat food daily month after month, and year after year in order to nourish your physical body, even so you must understand that the moral and the spiritual being of man need to be given their own nourishment. Devotional and spiritual practices are the indispensable nourishment for our soul. They form the essential spiritual sustenance to the inner being. Man is not merely a physical body and animal activity. He is an ethical being and his essential nature is Divine Consciousness. To nourish these latter, higher aspects, to develop and strengthen them and to attain perfection the inner spiritual life is very necessary. Svadhyaya or daily reading of spiritual books forms an important and indispensable item in this inner spiritual life. By such reading and study, there is a daily intake of noble, pure, elevating and inspiring spiritual ideas. These ideas are an effective safeguard to prevent the mind succumbing to temptations or sliding down from its true ideals. They help most effectively to keep the heart and mind ever uplifted and highly pure and in an inspired state. They infuse the person with moral and spiritual strength, make life sublime and ultimately lead to all-round perfection in life.

8. ADVICE ON STUDY

Ques: Swamiji, how many hours daily would you advise me to devote to the study of spiritual literature?

Ans: Obviously, students cannot devote much time for reading outside of their own school texts. While a retired man can possibly spare six or seven hours for daily Svadhyaya, you might try to set aside at least a couple of hours every day for this purpose. Of course, you will be able to read more in your holidays. On the other hand, during examination time, you need not worry about Svadhyaya, but may confine yourself to your

daily prayers. In these matters, you must always use your individual discretion, because you know your circumstances best. But, however, you must adhere to this main principle, namely, that some fixed time must be set apart for the daily reading of elevating, inspiring and ennobling spiritual literature. The length of time may, of course, be adjusted to suit different periods of the year.

9. SUITABLE TIME

Ques: What is the best time for studying spiritual literature?

Ans: Early morning, and at night after supper, is the best time for reading spiritual books. In the morning hours, our minds are fresh and free from struggling thoughts. At that time, we can concentrate our minds wonderfully on whatever we read. On the other hand, if you start reading in the evening, a number of thoughts and worries arising out of your day's life will come to the surface of your mind and you will not be able to concentrate on the book in hand. Therefore, always make it a habit to get up at 4 a.m. in Brahmanuhurta and start your day with some prayer, some Asanas and Pranayama and some reading of spiritual literature. What we read in the early morning hours will be so deeply absorbed in our minds that we will be guided throughout the day by the noble thoughts. The whole day will thus be converted into a continuous Brahmanuhurta for us. A little reading before you retire at night (perhaps after your homework with school texts) will enable you to go to bed with a mind filled with sublime ideas and divine feelings.

10. AVOID NIGHT READING

Ques: Some people say, Swamiji, that we should not study at night. Why?

Ans: Of course, it is advisable to avoid reading at night for the following reasons:

- (a) Artificial light is not so good for the eyes as sunlight.

- (b) The mind cannot concentrate on the book when one is feeling sleepy. The early part of the night is the time for sound sleep and if you sit reading at that time, you will spoil your health and, moreover, will be unable to get up at 4 a.m. for the precious Brahmamuhurta Sadhana.
- (c) The matter which you read at night time is likely to disturb your sleep in the form of dreams. In study, the mind tends to become alert and this keeps sleep away.
- (d) At night, the mind is filled with the thoughts of the day's life just ended and the mind will not be able to shoulder the additional burden of new ideas and store them up effectively.

While these are the reasons why one is advised not to study at night, people who, for unavoidable reasons, do not get any other time for reading, should certainly do some Svadhyaya at least at night time.

11. THE BEST PLACE

Ques: Where should we sit to study holy literature?

Ans: Holy literature, sacred scriptures should be studied also in some holy, sacred, quiet place. A temple, the banks of a holy river and so on or at least just a quiet spot free from the material din and bustle like the cool shade of a tree or some other lonely place are suitable for such study. The atmosphere in a sacred place like the temple is pure and exercises a beneficial influence on our thought-vibrations. We will understand the books better, because our mind will be free from wrong and impure thoughts while seated in such a place. The place that we choose should also be, as I said, quiet. Then only, we will be able to concentrate on the book in hand and assimilate its contents nicely. Of course, it is not possible for all people to command the convenience of a nice place; they may choose some quiet corner in their own houses for the purpose of Svadhyaya.

12. QUESTION OF ASANA

Ques: Swamiji, what Asana will you advice me to sit in while studying spiritual literature?

Ans: You may sit in the same Asana as you sit in for Japa and meditation. You need not take to a new Asana, because you will not be able to concentrate on your studies till you learn to sit comfortably and for a long time in the new Asana.

If you sit for reading soon after taking your food, you may with advantage sit on Vajrasana for half an hour, since Vajrasana is excellent for improving digestion if practised immediately after meals.

Moreover, by sitting in the same Asana for all practices like Japa, Dhyana, worship, study etc., you are able to get prolonged practice of the Asana and thus obtain full mastery over the particular pose with ease and in a short period.

13. THE RIGHT ATTITUDE

Ques: For deriving maximum benefit, what attitude of mind should the Sadhaka maintain while studying sacred literature?

Ans: Three things are necessary—Faith, Receptivity and Devotion. Faith is the most important factor. If a man studies spiritual literature with faith, he will try to live up to the lofty ideas and ideals contained in such literature. It is faith which makes possible what is otherwise impossible. Without faith, full benefits cannot be derived from the reading of any spiritual book. But, however, the very reading of spiritual books creates faith in those who might have formerly lacked firm faith in spiritual matters. Thus, though these three i.e., faith, receptivity and devotion may be said to be necessary to derive the fullest benefit from study of spiritual literature, yet they are not so indispensable as to render such study useless in their absence. Many a time, these qualities themselves emerge as results from

study of spiritual books. Therefore, while such attitude of mind is desirable for spiritual study, yet even those devoid of such attitude should engage themselves in the study of pure and inspiring spiritual literature. The right attitude and the necessary faith and devotion will develop gradually. Have you not heard the well-known saying, “Those who came to scoff remained to pray”? Even so, those people who read sacred literature with curiosity and critical spirit in the beginning later on become devoted to their regular study. Such is the holy influence of sacred books.

During the time of study, an attitude of receptivity should also be maintained. Spiritual literature should not be read in a casual manner as newspapers are read. Spiritual literature should be read with attention, since the object of reading here is not just to while away the time in a pleasant manner but to absorb the teachings and mould our very lives on the pattern of those teachings.

Also, an attitude of devotion, an attitude of reverence for the book and its author should be maintained while we are engaged in Svadhyaya. Otherwise, our study may degenerate into mechanical, parrot-like reading. Feel the blessedness of such study. Be aware that you are enriching yourself thereby. Then you will derive maximum benefit.

14. MISCELLANEOUS STUDY AND MEDITATION

Ques: Is it true, Swamiji, that studying too many books disturbs meditation?

Ans: Yes. Study of too many books especially when they are books dealing with different subjects, is not favourable for meditation. Reading diverse books will fill the aspirant’s mind

with too many ideas and they will be revived at the time of meditation. Thus, control of mind will become difficult. As you know, for good meditation, one-pointedness or Ekagrata is the most essential thing. By reading a large number of books, this one-pointedness is disturbed. The best thing would be, therefore, to stick to a few select books at a time and fully assimilate and absorb the teachings contained therein.

15. WHOLE-TIMED DHYANA

Ques: When should an aspirant give up studying books?

Ans: An aspirant should give up studying books when his mind becomes wholly inward, when evil Vrittis like anger, desire, fear, greed and lust no longer trouble his mind. Svadhyaya should never be given up all at once. First, the period of Svadhyaya should be gradually lessened. Then, the aspirant should take up just a few books and assiduously cultivate the teachings contained therein. The emphasis should now shift from theory to practice. When the aspirant has, by steady effort, brought the highest spiritual teachings into practical life, when his mind becomes completely attuned to God and remains in God always, he can give up the study altogether. Books are of no more use to such a person, since he has already absorbed the best in them. Such an advanced Sadhaka will have to engage himself mostly in Dhyana or meditation till he finds God.

16. BEST BOOKS OF SWAMI SIVANANDA

Ques: What books of Gurudev do you like most, Swamiji?

Ans: It is very, very difficult to say. It is like this. If you are given many dishes to eat—some sweet, some salty and others of Khoya, you may choose one from each variety but cannot possibly say which particular piece is the best. Each has a delicious taste of its own. Similar is the case with Swamiji's

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books. Instead of asking me in a general way, if you ask me what book of Gurudev I like best on a particular topic, I may be able to single out a particular book from a number of books written by Gurudev on the same topic. All the same, I may tell you that two books of Gurudev have captivated me the most. They are: “Spiritual Lessons” and “Mind, Its Mysteries and Control.”

17. COLLEGES AND SPIRITUAL LITERATURE

Ques: Have Swamiji’s books been introduced anywhere as texts for college students?

Ans: Yes. Three books—“All About Hinduism,” “World Religions” and “Essence of Vedanta”—are textbooks for students in California. In India, a school in the South has introduced “Sure Ways for Success in Life and God-realisation” as a textbook. I would personally like to see more schools introducing Gurudev’s works as texts, because his works are man-making and life-giving. It is true that nowadays boys prefer stories to treatises on God, but then Swamiji has written the books “Spiritual Stories,” “Philosophical Stories” and “Divine Stories” which are so much liked by boys and girls. These, at least, can be introduced in our educational institutions as texts.

18. BOOKS FOR MODERN STUDENTS

Ques: Which books of Guru Maharaj would you recommend for the modern college boys?

Ans: I would say that the college students should read as many books of Swamiji as possible. Sivananda Literature will enable them to overcome fear, anger and other vices, to develop a strong will and to understand the true aim of life. While Gurudev has written nearly 300 books, the students should try to study at least the following which contain the cream of Swamiji’s ‘Upadesa’ to boys and girls:

1. Sure Ways for Success in Life and God-Realisation.

2. Students' Success in Life.
3. Practice of Brahmacharya.
4. Ethical Teachings.
5. Mind, Its Mysteries and Control.
6. Moral and Spiritual Regeneration.
7. Inspiring Messages.
8. How to Cultivate Virtues and Eradicate Vices.
9. Conquest of Anger.
10. Conquest of Fear.
11. First Aid to the Injured.
12. Spiritual Lessons.
13. Sivananda Upadesamritam.
14. Bhagavad Gita for Students.
15. Ethics of the Bhagavad Gita.
16. World Peace.
17. World's Religions.
18. Precepts for Practice.

Some of these books have to be possessed by all students as their own personal copy. The rest of the books in the list may be taken up for group study. Students must form study circles. Such study circles should take one book at a time from some common library and study through it in a series of daily sittings and thus finish that particular book. Next, another book could be taken. Thus, in the course of a year or two, during their college career, they would enrich themselves immensely through such spiritual studies, simultaneously with their academic studies.

19. AN IMPORTANT QUESTION ABOUT "UPADESA"

Ques: What, in essence, is Gurudev's 'Upadesa' to students?

Ans: Well, I cannot possibly catalogue in detail Gurudev's advice to students and young people; but, I shall certainly try to tell you his more important teachings.

(a) For students, the primary concern should be their studies.

- (b) They should obey their parents and teachers and respect their elders.
- (c) They should strictly avoid bad company, because a man becomes what his friends are, It is better to remain alone than to mix with bad company.
- (d) Students should exercise self-control, maintain self-discipline and display self-confidence. These are virtues which will not only stand them in good stead in their school and college days, but will also lead to success in every walk of life later on.
- (e) Students should live a simple life and should adhere to the best in their national tradition and culture and give up imitation. It is regrettable that our students should take to Western dress and modes of living, neglecting our own glorious culture bequeathed to us by our forefathers.
- (f) Students should serve the poor, the sick and the illiterate. This will develop in them virtues like selflessness, mercy and tolerance and enable them to mature into citizens worthy of their great country.
- (g) Students should, of course, be regular and punctual. The time of youth is most precious and *should never be wasted*.
- (h) It is important that students should take the greatest care of their health by taking Sattvic food, doing Asanas and exercises, playing games and so on. The playground is as important as the school desk for young boys and girls. “Work while you work and play while you play, for that is the way to be happy and cheerful.” Students must be established in moral purity and Brahmacharya.
- (i) Students should always remember God. They should pray daily. They should start and end every piece of work with God’s name.

Do not go away with the feeling that Swamiji Maharaj is very strict with students. Almost all that I have said will be applicable to others also. In fact, Swamiji—if at all he exercises partiality—exercises it in favour of young men and it is out of overflowing love for them and regard for their welfare that he gives all this advice. Therefore, it is but fair that you should strictly obey his teachings.

Get by heart Swamiji's "Song of Eighteen 'ities'" and you will have the essence of his teachings to young people in a few words.

20. SIVANANDA AND WORLD PEACE

Ques: Has Gurudev touched on the subject of world peace in his writings? How far has Sivananda Literature helped the cause of world peace, Swamiji?

Ans: Oh, yes. Gurudev has not only touched on the subject of peace and amity among nations in his many writings, but has written an exhaustive book itself on the subject. The title of the book itself is 'World Peace'. Swamiji is in continual touch with a number of organisations which are dedicated to the cause of world peace and are working for it. Swamiji sends a free supply of his non-sectarian literature to these organisations and also stirring messages on special occasions. In this way, his message of peace is broadcast widely the world over.

Swamiji's message of peace, love and harmony based on spirituality and Divine Life is particularly appreciated in Europe, Japan and other places which suffered heavily during the last war. Besides influencing people through his literature, Swamiji himself calls them together now and then so that a solution for this and similar problems could be sought through personal understanding. You may be aware that a World Philosophers' Congress is scheduled to meet in Sivanandanagar in the course of the next few months to discuss, among other

things, the vital topic of world peace and seek a spiritual solution thereto. All the teachings of Swami Sivananda constantly emphasise the ideals of Ahimsa, brotherhood, universal love, selfless service, compassion, goodness and forgiveness. They advocate in rousing terms the ideal of virtuous living, harmony and cooperation amongst all mankind. Thus, his teachings pave the way for Peace and goodwill.

21. A GLORIOUS EVENT EXPLAINED

Ques: Can you tell me, Swamiji, what you people mean by “Sivananda Literature Festival”? I have never heard or read of such a thing in the history of the world.

Ans: Well, it is difficult to say whether the idea of a Literature Festival is entirely new. I think in England, they pay an annual tribute to Shakespeare by holding a festival at Stratford-on-Avon. In any case, the Sivananda Literature Festival which is an occasion to celebrate the foremost life-work of our beloved Master has a momentous significance in the context of the spiritual ignorance through which the world is passing through. Sivananda Literature, as you know, has produced a “Navina Jagriti” or a *new awakening* in the world. The Sivananda Literature Festival is, therefore, a fitting occasion to recollect the teachings of Gurudev and spread them far and wide. It is also an occasion to pay our humble homage to Gurudev’s sacred literature, every word of which vibrates with the power of the master. During the Festival, we shall have, among other things, an exhibition of Swamiji’s literature—books and magazines published in India and abroad—and also offer Puja to Swamiji’s books, just as we worship books in general on the occasion of Sarasvati Puja.

Swamiji’s noble literature has been and is continuing to be a great force in shaping the thoughts and ideals of the peoples of this modern era. Herein lies its significant greatness.

22. SIVANANDA LITERATURE FESTIVAL

Ques: How can I celebrate this Festival in my own place — Patiala — on a grand scale? Kindly advise me in detail.

Ans: Yes; it is a wonderful idea. You can celebrate this Festival on the Guru Poornima Day (20th July, 1959) to coincide with the celebration of the Festival here. I would suggest the following programme:

Get up at 4 O'clock in the morning, worship Gurudev's picture and do some Japa. After that, gather the neighbours and take out a Prabhat Pheri doing Bhajan for the health and long life of Gurudev. At about ten, have a meeting with the people of the neighbourhood. At this meeting, distribute pamphlets and tracts by Gurudev. Do Bhajan. Tell the people all about the Festival and its significance. Get some others to speak also.

Then, have Puja. Arrange the works of Swamiji nicely. Choose some select books like the Ramayana and the Bhagavad Gita and offer worship. In the centre of the books should be Swamiji's big photo. Puja over, distribute Prasad.

During the day, feed the poor. Give charity.

In the evening, invite a select group. Call the gentry to witness the exhibition of books and to hear about Gurudev's wonderful mission of Jnana Yajna or dissemination of spiritual knowledge. Send the invitation cards in advance. Here again, distribute Swamiji's literature and have a number of speakers to deliver lectures. Distribute the 'Programme' for the evening function and Gurudev's message for the occasion among the audience before the function starts. In this way, you can celebrate the Festival nicely. I wish you all success.

23. GLORY OF JNANA YAJNA

Ques: Why is it that of all Yajnas, Jnana Yajna or dissemination of spiritual knowledge is considered as the highest?

Ans : When you go to the shop, why do you choose a German article though the same article made in France or Japan may also be available? It is because you know that the German article will give you lasting service whereas the others may give trouble at any moment. In other words, the German article will be permanent, while the French or Japanese may not be so. Naturally enough, you prefer a permanent thing to a temporary thing.

In the same way, there are different kinds of Yajna, different kinds of charity. We serve people in different ways. We give money to the poor; we feed them; we give them clothes to wear; we give them medicines and nurse them. All these we do for their physical bodies. After a few years, the physical body will turn to ashes. And the persons whom we served will again be born and suffer the cycle of births and deaths. Our service helps them only for a short while, in a particular birth.

Jnana Yajna stands altogether on a different footing. You impart spiritual knowledge to a man. After acquiring this knowledge, he strives for God and acquires Mukti. When he gets Mukti, he gets everything. He cannot aspire for more. That is why dissemination of spiritual knowledge is rightly considered as the highest Yajna. Spiritual knowledge is food for the Soul which is permanent while the gift of food etc., nourish only the physical body which is perishable. All other gifts reach but the passing and perishable aspects of the human being, while the gift of higher spiritual knowledge reaches the inner man the essential spiritual being within and makes for an everlasting result. Fruit of Jnana Yajna is imperishable.

24. HOW SWAMIJI WRITES

Ques: Swamiji, you said—and other people also say—that Gurudev has written nearly three hundred books. Is it humanly possible, Swamiji, for an individual to write so many books? Kindly pardon me for entertaining this doubt in my mind regarding Gurudev's ability. I cannot understand; that is why I ask.

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Ans: It is true that Guru Maharaj has written 300 books. I once had a talk with Gurudev on this very subject. He told me that there was nothing to be surprised in this monumental out-turn. He says he has been writing regularly for the last thirty years. He has a time fixed for writing everyday and he adheres to it strictly. Also he is an extraordinarily rapid writer. His speech is unusual and astonishing. When he sits at his desk, his pen is moved by inspiration. Unlike most of us, he does not have to wait for moments of inspiration. Thus, he has been able to write about ten books annually. Of course, we cannot do so; but, considering the attainments of Guru Maharaj who has God's grace always with him, there is no cause for surprise in the perpetual flow of Sivananda Literature. I hope your doubt is cleared now.

25. NEED FOR SPIRITUAL BOOKS

Ques: Swamiji, I have just one more question to ask. Here again, please do not misunderstand me. My doubt is genuine. Could you kindly tell me why Swamiji should write so many books?

Ans: Oh, yes. I can clear your doubt. You know that in this world no two persons are alike. If there are crores and crores of men, women and children in this world, there are crores and crores of temperaments and needs also. Each aspirant has his own doubts. Each aspirant has his own tastes. Each Sadhaka has a different need to be fulfilled. The worries, the botherations, the fears of people are not always the same. Our Gurudev's mission in life is not to satisfy just this person or that, but everyone. Gurudev is full of cosmic love which means love for all. He wants to serve everyone. See how many kinds of books he has written! He has written books for the Brahmachari and the Grihastha, for the ordinary man and the sophisticated. He has written specially for women and for children. He has written specifically for people in the West as in "Yoga for the West."

For those who want to amass wealth, he has written, “How to become Rich.” For those who cannot control their temper, his book “How to Control Anger” will be a great boon. For those who suffer from physical ailments, our Gurudev has written masterly treatises on Constipation, Blood-pressure, Diabetes and so on. Gurudev has left no stone unturned to help as many people as possible, in as many ways as possible, through his literature. He has written voluminous commentaries for full-time Sadhakas and pocket books for busy office-goers. I can go on explaining like that. I hope your doubt is now destroyed!

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— Mohan Lal Agrawal

"Better education, better schools and colleges, better teachers and professors, better books, better parents - all these will create a better nation." — Swami Sivananda Saraswati
(From the Book "Religious Education")

PART - C
TEACHERS' SECTION

Views of Swami Vivekananda, Mahatma Gandhi and Swami Sivananda on Teachers

Views of Swami Vivekananda

"The second condition necessary in the teacher is - sinlessness. The question is often asked, 'Why should we often look into the character and personality of a teacher ? This is not right ... The sine qua non of acquiring truth for one's self or for imparting to others is the purity of heart and soul. ... He must be perfectly pure, and then alone comes the value of his words'".

"The function of the teacher is indeed an affair of transference of something, and not one of mere stimulation of the existing intellectual or other faculties in the taught. Something real and appreciable as an influence comes from the teacher and goes to the taught. Therefore the teacher must be pure."

"... Without the personal life of a teacher there would be no education."

"The only true teacher is he who can convert himself, as it were, into a thousand persons at a moment's notice. The only true teacher is he who can immediately come down to the level of the student, and transfer his soul to the student's soul and see through the student's eyes and hear through his ears and understand through his mind. Such a teacher can really teach and none else."

"The true teacher is one who can throw his whole force into the tendency of the taught. Without real sympathy we can never teach well."

"He alone teaches who has something to give, for teaching is not talking, teaching is not imparting doctrines, it is communicating."

Be good. Do good. — Swami Sivananda

Views of Mahatma Gandhi

".....All teachers should be men of character."

"..... They should be inspired by the spirit of service. "

"..... The right thing to do would be not to measure the value of the teachers on the basis of their salaries, and for the teachers to hold education as their chief aim and give a second place to what they get as payment for their work. In short, the teacher should look on education as his duty - Dharma - which he must perform."

Views of Swami Sivananda

"Exemplary Teachers Wanted"

"It is important that the professors, teachers and staff of such educational institutions also need to acquire a personal knowledge of and absorb the true spirit of the ethical and spiritual ideals of our great culture. These teachers and professors have constant and continuous contact with their students. It is imperative, therefore, that they personally constitute ideal exemplars of the way of life which they wish the students to follow. They must, to some extent, personify in their own lives the virtues and ideals which they wish their students to acquire and to grow into. If this is lacking, the students have poor examples to follow and it is natural that they should fail to imbibe anything noble and sublime in their college career.

Just as in the home the example of the parents exerts a decisive influence upon the moulding of a child's personality, so also the example of the teacher exerts an unmistakable influence upon the personality of the student. If the book imparts information to the students, the personal example of the teacher imparts life to the teachings contained therein. It is most essential that the educational world recognizes the deep and far-reaching significance of what has just been stated. It holds the seeds of the ultimate welfare of the whole student-world."

Be good. Do good. — Swami Sivananda

"A great onerous duty rests with the teachers and professors in training the students in the path of Sadachara (right conduct) and moulding their character properly. They themselves should be endowed with ethical perfection. Otherwise it will be like the blind leading the blind."

"O Teachers and Professors! Wake up now. Train the students in the path of Brahmacharya, righteousness and morality. Do not neglect this divine work. You are morally responsible for this onerous work."

".... The teacher should possess some measure of selflessness and responsibility for the welfare of the student. The teaching profession should not be commercially motivated. The relationship of father and son should exist between the teacher and student. Then only can real knowledge be imparted by the teacher."

"There is an appalling degree of faithlessness among the educated youth of today. What they want to know is how spiritual truths can solve the day-to-day problems that face them. They should get a satisfactory answer to this. The students are sorely neglecting the moral and spiritual part of training and education. The teachers themselves should receive proper spiritual education and thus qualify to impart the right kind of education to students in their charge."

"The religious sense must be ingrained in all teachers; only then will they be able to train the students in the right way. A virtuous and religious teacher alone can produce a virtuous and religious student."

"The professors must be ethical, religious and spiritual. Then alone is there a chance of improving university education."

"The future destiny of the world rests in the lap of the teachers and students. If the teachers train their students in the right direction, in the path of righteousness, the world will be filled with good citizens, Yogis and Jivanmuktas, who will radiate peace, light and bliss everywhere."

Teachers – ‘Life’ of the Education System

Sri Mohan Lal Agrawal

All our revered Modern Teachers are well aware that students, schools, study curriculum and Teachers form the integral parts of the education system. They are the four pillars of the education system.

Students, the learners, are the beneficiaries and therefore, they need to be imparted "Right Education". And schools, study curriculum and Teachers are the benefactors and as such, they need to play their respective roles effectively in imparting the "Right Education" to their students and "Make" them as "Ideal Students" so that the students can build themselves as "Ideal Human Beings", i.e. both as "Good Human Beings" and as "Capable Human Beings".

Schools, including colleges and universities, the modern centres of learning, need to be well-equipped and self-sufficient with good infrastructural facilities and adequate teaching materials and equipments. They should provide congenial and conducive study atmosphere for teaching and learning activities. Thereby, teaching and learning becomes easy, smooth, pleasant and effective.

These two factors, i.e. students and schools are important factors of the education system.

But, study curriculum and Teachers are the most important factors of the education system.

Study curriculum for students in schools, colleges and universities need to ideal and complete comprising both "Life-building, Character-building and Man-making Education", the "Real Education", as well as "Secular Education" on various subjects of study, the "Ordinary Education". Both these education, combined together, is the "Right Education". It aims at "Making" the students as "Ideal Human Beings", i.e. both as

"Good Human Beings" and as "Capable Human Beings. Further, "Life-building, Character-building and Man-making Education" is the "Soul" of the study curriculum while "Secular Education" is its "Body".

Like study curriculum, Teachers need to be ideal with right attitude towards teaching profession, sufficient awareness about their roles and responsibilities, good understanding of educational needs of students, adequate teaching ability and good teaching skill; as well as with the living example of their moral, ethical, noble and ideal personal life. They need to impart teachings to their students with right understanding; and more efficiently and more effectively on secular education on various subjects as per the prescribed study curriculum and also on the profoundly important, most urgent and greatly needed life-building, character-building and man-making education, the real education.

Teachers use to teach their students various subjects of study, explain to them the correct meaning of the contents of those subjects, clear their doubts, solve their problems and help them to understand the contents of those subjects well. They help their students to build themselves as "Capable Human Beings" with capacity to stand on their own legs, earn their livelihood independently, face the challenges and difficulties of real work-a-day life and proceed forward optimistically and patiently in their day-to-day life amidst unfavourable circumstances and adverse situations. They need to discover the latent inner qualities of students; guide, help, inspire and encourage them to endeavour their best to develop their heads, hands and hearts, and thus, achieve all round development of their personalities. They also need to guide, inspire and encourage their students to build themselves as "Good Human Beings" with moral, ethical,

noble and spiritual qualities. Thereby, their students can build themselves as "Ideal Human Beings".

Thus, Teachers are the "Architects" of students or, as popularly said, the "Makers of the Students". Teachers, in my humble view, are the "Life" of an ideal education system.

Great role of Teachers in building of noble character by students

Shri Sarat Chandra Dixit, Founder-Director,
IDM Public School, Bolangir

Noble character means development of virtuous qualities such as obedience, humility, respectfulness, love (*shraddha*), devotion (*bhakti*), faith (*bishwas*), friendliness, self-control, discipline, faith in oneself, self confidence, courage, patience, fortitude, optimism, encouragement, truth, non-violence, purity, honesty, selflessness, love (*prema*), compassion, forgiveness, tolerance; and eradication of evil qualities like disobedience, arrogance, disrespectful, indiscipline, impatience, fear, timidity, pessimism, selfishness, hatred, jealousy, lust, anger, greed, pride, etc.

Noble character is the major factor which contributes towards laying the foundation of human life as well as constructing the superstructure of human life completely, properly, strongly and nicely.

Noble character is stated as humanly and is treated as synonymous with human being. Noble character is also stated as the essence of a human being. Our Saints, Sages and Great Ones say that without noble character a man is like an animal with a human form, because a man without noble character performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character is animalistic.

Further, it is rightly stated that "When money is lost, nothing is lost. When health is lost, something is lost. But when character is lost, everything is lost."

Therefore, noble character is greatly necessary in human life. It is considered as the greatest, real and most valuable asset of human beings.

Be good. Do good. — Swami Sivananda

Noble character leads to performance of ethical conduct or righteous conduct. And ethical conduct, in accordance with the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", shapes the future destiny of human beings into a good one. As a result, human beings reap good results in their lives. Noble character is more powerful than the physical power and the mental power. Noble character is the most powerful factor which helps human beings to achieve real success in all endeavours in their lives. Noble character leads to victory, success, prosperity, happiness and peace in human life.

Such is the great importance of noble character in human life.

Student life and youth period, the golden period of precious human life, is the most suitable period to build noble character. Because, this is the formative stage in human life. During this period, human mind is found in a growing state, and is tender, sensitive and receptive. Therefore, it becomes easy for human beings to cultivate good qualities, shun evil qualities and build noble character.

If noble character is not built during the student life, it will be extremely difficult to build the same at the later stage of human life. This is like this: a potter can change the shape of an earthen ware when it is wet and soft, but once it is burnt in the fire, it becomes hard and therefore, its shape can not be changed. Hence, it is tremendously important for students to build their character during their student life and youth period itself without neglecting the same or without postponing the same to the future.

Students learn how to build noble character from their parents at homes, from their teachers in schools, and from people in the society and the social environments prevailing around them. But they learn about the same maximum from their teachers, because they spend maximum time with their teachers

from whom they normally learn lessons on their subjects in schools.

Teachers are said to be the "Makers of the Students", because they impart their students "Right Education" in schools. "Right Education" consists of both "Secular Education on various Subjects" as well as "Life-building, Character-building and Man-making Education". By imparting "Right Education", including "Life-building, Character-building and Man-making Education", to their students, teachers help them to build themselves as "Ideal Human Beings", i.e. both as "Capable Human Beings" and as "Good Human Beings". This is how they "Make" the lives of their students; and therefore, they are called the "Makers of Students". Students, made as "Ideal Human Beings", can achieve success in all fields of their lives and live their lives ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully.

In view of the above, imparting of "Life-building, Character-building and Man-making Education", in addition to "Secular Education on various Subjects", to students in schools is absolutely, extremely and intensely necessary. But, at present, it is generally observed that "Life-building, Character-building and Man-making Education" does not find its right place in the study curriculum and is not at all or not completely imparted to students in schools. In this situation, students need "Life-building, Character-building and Man-making Education" most intensely and urgently. This is the greatest need of the hour of students.

While this is the greatest need of the students, this is also the greatest family need, the greatest social need and the greatest national need of the hour. Because, students are also members of their family, the society and the nation. And only ideal students can become the real assets of their families, good members of

the societies and ideal citizens of the nations. And, in addition to building their personal lives rightly, they can constitute good families, build good societies and build ideal nations.

In view of the foregoing, teachers have a great duty, enormous responsibly and important role to play in "Making their Students" as "Ideal Human Beings". For this, they need to impart "Character-building Education" also to their students most urgently.

In the present scenario, in what ways teachers can impart their students "Character-building Education" ? They can impart such education to their students in the following ways:-

(i) At present, to whatever extent the existing courses of study, text books include "Character-building Education", teachers will continue to impart the same to their students as part of study curriculum,

(ii) In addition, teachers can impart complete "Character-building Education" to their students as extra-curricular study, by taking some extra classes per week beyond school hours or even on Sundays and holidays, by devoting some of their personal time, treating the same as their great "students *seva*", "social *seva*" and "national *seva*". This will also constitute performance of charity or sacrifice or *yajna* by teachers, which, according to the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", bestows upon them good results in their personal lives. Thus, such charity or sacrifice or *yajna* by teachers will benefit not only the students, the society, the nation, but also the teachers themselves. (In this connection, teachers can utilise the books on noble character written by saints, sages and eminent authors as teaching materials). Teachers may kindly continue to impart such education to students till "Character-building Education" is restored completely and permanently in the study curriculum for students in schools.

In this connection, Swami Sivananda says as under:-

"Education and Self-Unfoldment"

"..... In fact, I feel that spiritual education outside the classroom will produce better results than those within. Of course, the curriculum should include spiritual education. Within the classroom it tends to pass from the ear to the examination paper, without even becoming part of one's inner being. This is not so when the student is taught to prepare for the perpetual examination of life itself. The latter method will have a profound effect on the personality and day-to-day life of the youth.", and

(iii) Students accept the theoretical teachings imparted to them by their teachers. But, more than that, they observe the good manners, behaviours, actions and conduct of their teachers inquisitively and silently. And then, being inspired and encouraged by the same, they emulate those good manners, behaviours, actions and conduct of their teachers; and make efforts to translate the same into actions in their own daily lives. Those exert indelible influence on the students. And students try to build their lives like-wise. Therefore, teachers themselves ought to live a noble and ideal life with noble character; and by doing so, they can practically impart "Character-building Education" to their students indirectly. Living of such a life by teachers is more effective than the theoretical teachings imparted by them. Further, if the teachers themselves live such an ideal life, it becomes easy for them to theoretically impart such education to their students; and also then their teachings become more powerful and more effective upon the students.

In this connection, let me quote a few views of Mahatma Gandhi, Swami Vivekananda and Swami Sivananda.

Mahatma Gandhi says:

".....All teachers should be men of character."

Swami Vivekananda says:

"The question is often asked, 'Why should we often look

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into the character and personality of a teacher ? We have only to judge of what he says, and take that up.' This is not right. ...The sine qua non of acquiring spiritual truth for one's self or for imparting it to others is the purity of heart and soul. ...He must be perfectly pure, and then alone comes the value of his words."

"The function of the teacher is indeed an affair of transference of something, and not one of mere stimulation of the existing intellectual or other faculties in the taught. Something real and appreciable as an influence comes from the teacher and goes to the taught. Therefore the teacher must be pure."

Swami Sivananda says:

“Exemplary Teachers Wanted”

"It is important that the professors, teachers and staff of such educational institutions also need to acquire a personal knowledge of and absorb the true spirit of the ethical and spiritual ideals of our great culture. These teachers and professors have constant and continuous contact with their students. It is imperative, therefore, that they personally constitute ideal exemplars of the way of life which they wish the students to follow. They must, to some extent, personify in their own lives the virtues and ideals which they wish their students to acquire and to grow into. If this is lacking, the students have poor examples to follow and it is natural that they should fail to imbibe anything noble and sublime in their college career.

Just as in the home the example of the parents exerts a decisive influence upon the moulding of a child's personality, so also the example of the teacher exerts an unmistakable influence upon the personality of the student. If the book imparts information to the students, the personal example of the teacher imparts life to the teachings contained therein. It is most essential that the educational world recognizes the deep and far-reaching

significance of what has just been stated. It holds the seeds of the ultimate welfare of the whole student-world."

"A great onerous duty rests with the teachers and professors in training the students in the path of *Sadachara* (right conduct) and moulding their character properly. They themselves should be endowed with ethical perfection. Otherwise it will be like the blind leading the blind."

"O Teachers and Professors! Wake up now. Train the students in the path of *Brahmacharya*, righteousness and morality. Do not neglect this divine work. You are morally responsible for this onerous work." xxxxx

Such is the "Great role of Teachers in building of noble character by students".

In view of the above, teachers may kindly think over the above views deeply and consider to take needful actions in the matter.

(The author is having rich teaching experience of long 60 years and is widely regarded as an exemplary noble and ideal teacher.)

Teaching Profession — Its True Dimensions

H.H. Shri Swami Sivachidananda Saraswati

(Compiler's Note: In service sector, more particularly in organised service sectors like organisations, industries, institutions, offices, departments, etc., employers advise and counsel their employees during meetings, conferences, workshops, training sessions, etc. to perform their assigned duties efficiently and effectively so that their organisations will achieve their set goals, they will earn profit and also their customers and beneficiaries will derive benefits. But, they seldom counsel their employees to perform their duties rightly with a view that the employees themselves will benefit personally. In educational institutions, teachers are advised to perform their teaching duties effectively and impart quality teachings to the students so that their students will benefit a great deal and also their educational institutions will rank amongst top educational institutions and earn good name and fame. But perhaps they are seldom told as to how they themselves will benefit personally by performing their teaching duties rightly.

In this context, in one occasion, during one 04 Days Students' Awareness Programme on "Value Education for Life Building and Successful Living" organised at IDM Public School, Bolangir, Odisha, India during November 2019, there was a "Teachers' Orientation Session" for teachers, in addition to various classes for students. In that session, Shri Swami Sivachidananda Saraswati belonging to the Divine Life Society, Rishikesh, India and the Secretary of the Sivananda Centenary Boys High School, Bhubaneswar, Odisha, India delivered his address to the teachers on the topic: "Teaching Profession — Its True Dimensions". In that address, Shri Swamiji mainly dwelt upon the true dimensions of teaching profession and the personal benefits that the teachers will derive by performing their teaching duties rightly. In addition, he spoke to the teachers on their roles and responsibilities as teachers.

The said address of Shri Swamiji, in our humble view, is

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I most humbly, earnestly and fervently pray to our revered modern teachers to kindly make it convenient to go through the said address and utilise the teachings contained therein during performance of their teaching duties for their personal benefits. Consequently, I firmly believe, they will derive immense personal benefits for themselves. Simultaneously, their students, their educational institutions, the society and the nation will derive great benefits).

Universal Prayer

Be good. Do good. — Swami Sivananda

Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

Blessed Teachers ! My due respects, regards and love to all of you.

In this blessed gathering, I will share with you all some of my thoughts on the topic: "Teaching Profession — Its True Dimensions".

Teaching profession, like any other profession, has its own duties, roles and responsibilities. First, we will discuss regarding duties of the teachers.

DUTIES

Teaching profession has three dimensions, those are — *Naitikata* or Ethical Dimension, *Yajna* or Sacrificial or Donation Dimension and Yoga or Spiritual Dimension of performance of the duties of the teachers. We will discuss the ethical dimension of teaching profession first.

(A) Ethical Dimension

On completion of one's education, he takes up some profession, vocation or occupation in order to earn money for ensuring his physical existence upon this earth plane. Some become businessman and some take up agriculture and make their independent living. Some other become professionals like doctor, engineer, lawyer, chartered accountant, management executive, teacher, lecturer, etc. and generally seek employment or service at some institution or organisation. In service career, one needs to perform his duties or *kartabya* as is required of him by his employer.

In all these professions, vocations or occupations, one ought to perform his duties or *kartabya* ethically. However,

it is observed that, in these modern times, there has been severe degeneration in ethical values in human life and therefore, there has been severe deterioration in work culture and therefore, in performance of one's duties in almost all fields of activities in the human society. And in some cases, more particularly, in employment or service careers, it is generally observed by many that casual and perfunctory approach is taken or even negligence is displayed by many employees in performance of one's assigned duties, what to speak of performance of duties ethically. This is not at all desirable and not at all beneficial in one's own life. Because, according to the universal and immutable Law of Actions, "as you sow, so shall you reap", if one performs ethical conduct or righteous actions, it will bestow good results upon him. But, if he performs unethical conduct or bad actions, it will yield bad results for him. And display of negligence in duties will result in severe and grave bad consequences in one's life including sorrows, sufferings, failures, poverty, unhappiness, restlessness, etc. For illustrations, if somebody sows a mango seed, there will be a mango tree with sweet mango fruits. But if he sows a neem seed, there will be a neem tree with bitter neem fruits. Nobody can escape this inexorable Law of Nature. Therefore, one ought to perform his assigned duties ethically so that he reaps good results in his life. This is very important in one's life, more importantly, in one's service life.

Accordingly, the teachers ought to perform their prescribed or assigned duties in teaching profession ethically, that is, perfectly and without negligence. Perfection in duties means performance of one's prescribed or assigned duties skillfully, effectively, efficiently, sincerely, regularly, meticulously, diligently, devoutly, honestly (professional honesty, financial honesty and

administrative honesty), faithfully, etc. And one must never display negligence in performance of his duties in any manner whatsoever.

By performance of their duties ethically, the teachers can achieve real success in their professional career and secular life in terms of achievement of true material prosperity and living of life comfortably with legitimate worldly enjoyments. And thus, they can derive happiness in their life.

Our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also places great emphasis on performance of *kartabya* or duties ethically.

Such is the necessity, importance and benefits of performance of duties ethically by the teachers. Therefore, it is very wise and also highly advisable that the teachers perform their prescribed or assigned duties always ethically and without negligence, in their own interest and for their highest welfare and supreme good. Consequently, the teachers will derive immense benefits for themselves. Simultaneously, the students, the society and the nation also will derive similar benefits.

This is the *naitikata* aspect or ethical dimension of teaching profession.

Then we will discuss regarding the *Yajna* aspect or Sacrificial or Donation Dimension of teaching profession.

(B) *Yajna* or Sacrificial or Donation Dimension

Before we discuss regarding the *yajna* aspect or sacrificial or donation dimension of teaching profession, let us listen to what the *Brihadaranyaka Upanishad*, the knowledge part of our Holy Scripture, that is, the *Vedas*, says.

In the fifth chapter, second *brahmana* of the

Brihadaranyaka Upanishad, it is stated that the *devas* (gods or celestial beings), *manushyas* (human beings) and *asuras* (demons), the three sons of *Prajapati*, after completion of their *brahmavasa* in his place, asked *Prajapati* to give them some advices. *Prajapati* exhorted them all the letter "*da*" and asked if they could understand it. All of them replied that they could understand the meaning of the letter "*da*". The meaning of the letter "*da*" for the *devas* is that they remain ever engrossed in enjoying sense pleasures and therefore, they should practise "*damana*" or self-restraint, that is, they should control their sense organs and restrain themselves from enjoying sense pleasures. The meaning of the letter "*da*" for the *manushyas* (human beings) is that they are greedy and therefore, they should give "*dana*" (charity or donation or gift) in their life. The meaning of the letter "*da*" for the *asuras* (demons) is that they are cruel, angry and violent and therefore, they should exhibit/ show "*daya*" (kindness or compassion) in their daily conduct.

From the above it is very clear that human beings ought to give charity or donation or gift or in other words, they should perform *Yajna* or sacrifice. Human beings also ought to give charity or donation for their own personal benefits, because, charity or donation made by them will bestow upon them good results according to the universal and immutable Law of Actions, that is, "as you sow, so shall you reap" or in other words, if someone performs ethical conduct or righteous actions, it will bestow good results upon him.

Charity or donation or gift or *Yajna* or sacrifice is of several kinds, such as the material *Yajna* or sacrifice which is performed with materials like money, food, water, cloth, medicine and other valuable articles, and the non-material *Yajna* or sacrifice, that is, the *Yajna* or sacrifice of knowledge

or wisdom. Further, in worship or *puja-yajna* or sacrifice, sacred wood, ghee and *charu* (one kind of food prepared by mixture of rice, paddy, *rasi* (til seeds), dry fruits, sugar, ghee, herbs, roots, etc.) are offered or sacrificed in the *yajna*-fire. In *jnana-yajna*, one donates knowledge or wisdom, and sacrifices his time, labour and energy in performing the said *yajna* or sacrifice. In this connection, it is very important to note that our Holy Scriptures speak very high of and describe the glory of various kinds of charity or donation or *Yajna* or sacrifice, more particularly in this *Kali Yuga* or the Iron Age. Those Holy Scriptures also state that amongst all kinds of *Yajna*, the *Jnana Yajna* is the highest *Yajna*. *Manu Smriti* speaks very high of the charity or donation or gift of knowledge (*jnana dana*) or performance of *yajna* or sacrifice of knowledge (*jnana-yajna*). It says:-

“सर्वेषामेव दानानां ब्रह्मदानं विशिष्यते ।

वार्यन्नगोमहीवासस्तिलकांचनसर्पिषाम् ॥” (मनुस्मृति-IV-233)

"Among all types of charities, the donation of *Veda* (knowledge or teaching) is the best. None of the donations like water, food grain, cow, earth, clothes, gingili, gold or ghee can be equal to donating *Veda*." (IV - 233)", and

“यानशय्याप्रदो भार्यामैश्वर्यमभयप्रदः ।

धान्यदः शाश्वतं सौख्यं ब्रह्मदो ब्रह्मसार्ष्टिताम् ॥” (मनुस्मृति-IV-232)

".....the donor of *Veda* gets equal to *Brahma*." (IV - 232)".

Bhagavad Gita also speaks of the superiority of sacrifice of knowledge (*jnana-yajna*). It says:-

“श्रोयान्द्रव्यमयाद्यज्ञाज्यनयज्ञः परन्तप ।

सर्वं कर्माखिलं पार्थ ज्ञाने परिसमाप्यते ॥”

(श्रीमद् भगवद् गीता, अध्याय - ४, श्लोक - ३३)

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"The sacrifice of wisdom is superior to the sacrifices with material objects." (IV-33).

Our Saints and Sages also speak of the greatness and glory of charity or donation or gift or sacrifice of knowledge or *Jnana Yajna*. In the context of gift of spiritual knowledge or the knowledge of the Self, Swami Sivananda Saraswati says as under:-

Quote: Distribute Knowledge : The Highest Service

"The greatest help or service you can do to the world is the imparting of knowledge of the Self. Spiritual help is the highest help you can render to mankind. The root cause of human sufferings is ignorance. If you can remove this ignorance in man, then only can he be eternally happy. That sage who tries to remove the ignorance is the highest benefactor in the world.

If you remove the hunger of man by giving food, it is only temporary physical help. It is removal of physical want for three hours. Then the hunger again manifests. The man remains in the same miserable state. Building of hospitals, dharamsalas and kitchens for distribution of free food, clothes, etc. are not the highest kind of help. Miseries are not eradicated. The world will continue to remain in a miserable state, even if you build millions of hospitals and feeding places.

Get knowledge of the Self, distribute this knowledge everywhere and remove the ignorance in man. Then only all kinds of miseries, tribulations and evils can be completely eliminated." **Unquote.**

In the same context of gift of spiritual knowledge, Swami Chidananda Saraswati says as under:-

Quote: Glory of Jnana Yajna

Be good. Do good. — Swami Sivananda

"There are different kinds of Yajna, different kinds of charity. We serve people in different ways. We give money to the poor; we feed them; we give them clothes to wear; we give them medicines and nurse them. All these we do for their physical bodies. After a few years, the physical body will turn to ashes. And the persons whom we served will again be born and suffer the cycle of births and deaths. Our service helps them only for a short while; in a particular birth.

Jnana Yajna stands altogether on a different footing. You impart spiritual knowledge to a man. After acquiring this knowledge, he strives for God and acquires Mukti. When he gets Mukti, he gets everything. He cannot aspire for more. That is why dissemination of spiritual knowledge is rightly considered as the highest Yajna. Spiritual knowledge is food for the Soul which is permanent while the gift of food etc., nourish only the physical body which is perishable. All other gifts reach but the passing and perishable aspects of the human being, while the gift of higher spiritual knowledge reaches the inner man, the essential spiritual being within and makes for an everlasting result. Fruit of Jnana Yajna is imperishable." **Unquote.**

The greatness and glory of charity or donation or gift or sacrifice of secular knowledge, which our teachers impart in schools, colleges and universities, also stand almost in the similar footings.

Accordingly, the teachers also, like other people giving different kinds of charity, ought to give charity or donation or perform *yajna* or sacrifice of knowledge. While material charities or *jnanas* give temporary or perishable benefits, *jnana-yajna* gives permanent and imperishable benefits. Therefore, the charity of knowledge or *jnana-yajna* is stated as the highest *yajna*.

The teachers have the capacity to teach, ready-made opportunity to teach and readily-available students to whom they can teach. Therefore, they can give the highest charity or donation or gift of knowledge or perform the highest *jnana-yajna* or sacrifice through performance of their normal duties of teaching in the schools, colleges and universities where they work. They need not spend any money or material for giving such charity or donation or gift of knowledge to their students. They also need not put any extra labour or perform any extra work in order to give such charity of knowledge. Rather, this kind of charity is in-built in performance of their normal duty of teaching. They also need not search for deserving persons, the receivers, to whom they can give charity or donation. Because, the students, the receivers, are readily available to them in the schools, colleges and universities where they work. The only thing necessary is that they should consider their normal acts of teaching as their charitable acts or *jnana yajna*. In other words, they should perform their teaching duty with the understanding and inner feeling or *bhava* that it is their charity or donation or gift or sacrifice of knowledge or *jnana yajna*. Thus, giving the highest charity or donation of knowledge or performing the highest *jnana-yajna* or sacrifice of knowledge is very easy for the teachers and in this way, they are very fortunate in this matter.

The teachers should perform such charity or donation or gift or sacrifice or *jnana-yajna* selflessly and without expectation of any reward or return or fruit. They should note that notwithstanding their such selflessness and non-expectation, they will surely be rewarded with their due salary from their employers, i.e. Governments or Private Employers. (In this connection, it is our humble feeling and view that the employers of the teachers, i.e. Governments or Private

Employers ought to pay justifiable, handsome and generous salary to the teachers because they are doing their noble man-making work and also great nation-building work).

The teachers should perform such charity or donation or gift or sacrifice of knowledge or *jnana-yajna* for their own personal benefits, because, such charity or donation made by them will bestow upon them good results according to the universal and immutable Law of Actions, that is, "as you sow, so shall you reap" or, in other words, if someone performs righteous actions, it will bestow good results upon him. The teachers will derive greatest benefits for themselves by performance of such highest charity or donation or sacrifice or *yajna*. Simultaneously, the students, the society and the nation will derive immense benefits.

Our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also places great emphasis on charity or donation or *Yajna* or sacrifice.

Such is the necessity, importance and benefits of performance of the highest charity or donation or gift of knowledge (*jnana dana*) or the highest *yajna* or sacrifice of knowledge (*jnana yajna*) by the teachers.

This is the charity or donation or gift or *yajna* aspect or sacrificial dimension of teaching profession.

Then we will discuss regarding the Yoga aspect or Spiritual Dimension of teaching profession.

(C) Yoga or Spiritual Dimension

In this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals

evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into divinity, the state of their Creator Himself; and get united or merged with the Creator. This is known as *Moksha* or Liberation of the Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-realisation or God-realisation. On attainment of *Moksha*, the process of evolution gets completed. Consequently, the individual Soul gets permanently liberated from the wheel of births and deaths, the greatest bondage, and does not take further rebirth in any species of life. Thus, there is permanent end of rebirth and consequently, there is permanent cessation of worldly sorrows, sufferings and miseries (because, birth of the individual soul in any species of life upon the earth plane is full of worldly sorrows, sufferings and miseries); and the individual Soul of the human beings gets everlasting happiness and eternal peace. Thus, *Moksha*, as our ancient Holy Scriptures and our *Rishis*, *Munis*, Saints and Sages say, is the higher purpose or the supreme goal of human life for attainment of which only the Creator has gifted this human birth to human beings. This is the "true purpose" of human life. Therefore, attainment of *Moksha* is supremely necessary and indispensable in the life of the human beings.

Our Holy Scriptures and our Saints and Sages say that this supreme goal can be achieved through different paths. Just as one can reach Delhi, the state capital, by different paths such as from Bhubaneswar, Kolkata, Chennai, Mumbai, or by different mode of travel such as by train, car, aeroplane, so also one can reach the supreme goal of life through different paths. Those paths are the paths of Yoga and Vedanta. There are various types of

Yoga. But the most important amongst them are *Karma* Yoga (The Yoga of Action), *Bhakti* Yoga (The Yoga of Devotion or Love), *Raja* Yoga (The Yoga of Psychic Control) and *Jnana* Yoga (The Yoga of Knowledge or Wisdom). *Jnana* Yoga (The Yoga of Knowledge or Wisdom) is also known as Vedanta.

Karma Yoga is the Yoga of Action. In the *Bhagavad Gita*, Lord Krishna says to Arjuna:-

“न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत् ।

कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥”

(श्रीमद् भगवद् गीता, अध्याय - ३, श्लोक - ५)

"Verily none can ever remain for even a moment without performing action; for everyone is made to act helplessly indeed by the qualities born of Nature." (*Bhagavad Gita* -III-5).

Thus, in this universe, every body has to perform his actions or *karmas*. Accordingly, the teachers perform their *karmas* or actions of imparting of knowledge or teaching to the students.

Actions or *karmas* performed with selfishness, expectation and attachment results in deriving of worldly happiness or suffering from sorrows keeping in view good action or bad action according to the immutable Law of Action, i.e. "As you sow, so shall you reap". But actions or *karmas* performed without selfishness, expectation and attachment, or in other words, actions or *karmas* when performed as *Karma* Yoga, lead to attainment of the supreme goal of life or *Moksha*. In the *Bhagavad Gita*, Lord Krishna says to Arjuna:-

“तस्मादसत्कः सततं कार्यं कर्म समाचार ।

असक्तो ह्याचरन्कर्म परमाप्नोति पूरुषः ॥ ”

(श्रीमद् भगवद् गीता, अध्याय - ३, श्लोक - १९)

Be good. Do good. — Swami Sivananda

"Therefore without attachment, do thou always perform action which should be done; for by performing action without attachment man reaches the Supreme." (*Bhagavad Gita* - III-19).

Therefore, our Holy Scriptures and our Saints and Sages say that actions or *karmas* or duties ought to be performed as *Karma Yoga* or Yoga of Action in one's own interest, and for one's highest welfare and supreme good. Accordingly, the teachers ought to perform their *karma* or action or duty of teaching as their *Karma Yoga* or Yoga of Action. How the teachers can perform their *Karma Yoga* or Yoga of Action?

A teacher can perform his *Karma Yoga* or Yoga of Action by, inter alia,:

(i) performing his *karmas* or actions or duties as worship of God, that is, with the understanding, attitude and inner feeling that the same is the worship of God,

(ii) performing his *Karmas* or actions or duties without any self interest or performing the same selflessly or performing selfless actions,

(iii) performing his *karmas* or actions or duties without attachment or *aashakti*,

(iv) performing his *karmas* or actions or duties without expectation of reward or fruits or *phala*,

(v) performing his *karmas* or actions or duties with the feeling as an instrument in the hands of God or with *nimitta bhava*, without the sense of doership or *kartutwa bhava*,

(vi) performing his *karmas* or actions or duties without ego or *ahankar*,

(vii) performing his *karmas* or actions or duties without the sense of enjoyment of the fruits of actions or *karmaphala bhoga*,

(viii) Surrendering or offering of his *karmas* or actions or duties and the fruits of actions or *karmaphala* at the altar of God with the feeling of dedication or *Ishwararpana bhava*.

When the teachers thus perform their teaching duties as *Karma Yoga* or Yoga of Action, it leads to attainment of the supreme goal of human life, that is, *Moksha* or Liberation of the Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul or Self-realisation or God-realisation, for attainment of which only the Creator has gifted this human birth to human beings. This is in their greatest personal interest, highest welfare and supreme good.

Our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also places great emphasis on practice of *Karma Yoga* or Yoga of Action.

Such is the necessity, importance and benefits of performance of the teaching duties as *Karma Yoga* or Yoga of Action by the teachers.

This is the Yoga aspect or spiritual dimension of teaching profession.

These three dimensions, that is, the *naitika* or ethical dimension, the *yajna* or sacrificial dimension and the yoga or spiritual dimension of teaching profession are its true dimensions.

"Right knowledge" of these three dimensions will result in creation of "right awareness", "right understanding" and "right attitude" in the mind of the teachers. "Right attitude" will impel the teachers to perform their teaching duty rightly, i. e. ethically, perfectly, devoutly, honestly, faithfully, efficiently and effectively. Consequently, it will bestow upon them "right result", that is, the teachers will get immense good results for themselves in their personal life, both secular

as well as spiritual. Also, the students will derive immense benefits in their life. In addition, the society, the nation and the world at large will also derive immense benefits.

ROLE

Then, we will discuss regarding roles of the teachers as Father and Mother; Friend, Philosopher, Guide; Maker of the Students; and Maker of the Nation.

(A) Father and Mother

Father and mother give birth to one's physical body. The father disciplines and administers his children. The mother gives love and affection to her children. They bring up their children well. They give material things, the perishable things, to their children. The teacher stands in the same footing. He gives second birth, rather, the true birth, by imparting knowledge to his students and removing their ignorance. Thereby, he makes "knowledgeable true man" out of the "ignorant physical man", otherwise the ignorant physical man will remain as such as he was at the time of his birth. The teacher performs the job of both the father and the mother, that is, he disciplines and administers as well as he gives love and affection to his students. The teacher brings up his students by imparting them right kind of education; and also by taking their proper care, nurturing and developing them as true "men". He gives knowledge and wisdom, the imperishable thing, to his students.

Thus, the teachers play the role of both fathers and mothers of their students. Rather, the teachers are the Real or True Fathers and True Mothers of their students, because, they give true birth and imperishable real knowledge to them, without which the students will remain as ignorant physical men, waste their most precious, rare human life as animal life and thus, they will live in vain.

(B) Friend, Philosopher, Guide

A friend helps his friends in times of need. Similarly, the teacher is a friend of his students, because he extends help to the students like a friend at the time when the latter need his help. The teacher acts like a philosopher by giving advices to his students both in their personal, educational and secular matters as well as in moral, ethical, religious and spiritual matters. The teacher also acts like a guide by giving guidance to his students both in their personal, educational and other secular matters as well as in moral, ethical, religious and spiritual matters. Thus, the teacher plays the roles of a friend, philosopher and guide of his students.

(C) Maker of the Students

The teacher imparts teachings to his students on secular subjects such as languages, science, arithmetic, history, geography, social science, political science, medicine, engineering, law, economics, commerce, management, agriculture, veterinary, etc. He also imparts to them moral, ethical, cultural, religious and spiritual teachings. He enlightens them. He gives them knowledge regarding building of their life (a) with a proper and strong foundation by building good physical health, developing powerful mind, cultivating noble character, performing ethical conduct, observing strict celibacy, and (b) with a complete, proper, strong and nice superstructure of their life with achievement of all the four grand goals of ideal human life, that is, achievement of economic prosperity or *artha*, fulfillment of vital worldly desires or *kama*, adherence to righteousness or *dharma* and pursuance of spirituality or *moksha*. He helps them develop an excellent and magnetic personality. He helps in development of their head, heart and soul. He discovers the inner qualities and hidden talents and potentials in his

students; and guides, inspires and encourages them in their development and unfoldment. He also guides them how to stand on their own legs and how to face the difficulties and challenges of life. Thus, he "makes" his students in that manner and plays the role as "The Maker of the Students". This is of paramount importance.

(D) Maker of the Nation

The students are the most precious wealth and future citizens of the nation. The whole nation looks upon them as their future hope. In future, they will lead the nation. They will be in charge of the important affairs of the nation like education, health, economy, agriculture, trade, commerce, industry, defence, etc. They will be responsible for the peace and prosperity, welfare and safety of the people as well as of the nation. They will shape the future destiny of the people and the nation. Thus, the students are the future "Makers of the Nation". And as the teachers are the "The Makers of the Students", they are also the "Makers of the Makers of the Nation" or the "Makers of the Nation". In this connection, one oft-quoted saying comes to my memory, that is, a nation is built within the four walls of the class room. That means, the teachers build the nation by building the students inside the class rooms. Thus, the teachers play the major role as the "Makers of the Nation". This is also of paramount importance.

RESPONSIBILITY

Now, we will discuss regarding the responsibilities of the teachers.

(A) Man-making responsibility

The responsibility of the teachers is not confined to diligent performance of their assigned or prescribed duties only. It also includes the responsibility of "making" the

students as "Men" in the manner as has been described/ stated above. In fact, this is the greatest responsibility of the teachers. This is also a very sensitive responsibility as the teachers deal with the students, the living beings, but not the inanimate things, as in other professions.

In this connection, it is most worthwhile to note what my Holy Spiritual Master Swami Sivananda Saraswati says:-

Quote: "24. TO PRINCIPALS AND HEADMASTERS"

"Owing to the influence of dark, antagonistic materialistic forces, most of the students of the present day have become irreligious. There is no moral culture in them. They have no proper understanding of the principle of Brahmacharya and right living. Hence they suffer much when they come out to face the battles of life.

A great onerous duty rests with the teachers and professors in training the students in the path of Sadachara (right conduct) and moulding their character properly. They themselves should be endowed with ethical perfection. Otherwise it will be like the blind leading the blind.

Before taking to the profession of a teacher, you should feel the high responsibility of your position on the educational life. Mere intellectual achievement in the art of delivering dry lectures alone will not suffice. This alone will not adorn a professor or a teacher.

The students are the future hope and glory of the world. They are bulwark of the state. If they are moulded properly, you will be doing the greatest good. This itself is a great Yoga for you.

You will be doing immense good to them if you introduce some of the religious books for their compulsory study. It will bring moral and spiritual regeneration amongst the youth.

It is your duty to explain to the boys the importance of Brahmacharya and the evil effects of an immoral life and to instruct them in the various methods by which they can preserve the vital Veerya, the soul-force that is hidden in them.

The future destiny of the world rests with you and your students. If you train them in the right direction, in the right path of righteousness, the world will be filled with ideal citizens, Yogins and Jivanmuktas, who will radiate light, peace, bliss and joy everywhere.

O Teachers and Professors! Wake up now. Train the students in the path of Brahmacharya, righteousness and morality. Do not neglect this divine work. You are morally responsible for this onerous work. Let them study some religious books on Yoga, Bhakti, Philosophy and Vedanta. Teach them Gita, Ramayan, Bhagavata and other Scriptures. Let them know the sublime truths of the ancient Rishis and seers. You can have Self realisation if you take up this work in right earnest. Be true and sincere. Open your eyes now.

Blessed is he who truly endeavours in making his students true Brahmacharins. Twice blessed is he who tries to become a real Brahmachari. May the blessings of the Lord be upon them! Glory to such ideal teachers, professors and students!" **Unquote.**

(B) Responsibility of imparting moral, ethical,

religious and spiritual education

In this universe, every thing is changing and going through a process of evolution. The lowest of the creation i.e. the inanimate stones and mountains evolve into fertile soil. Fertile soils sustain and evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into Divinity, which is the state of their Creator Himself, and thereby, to merge themselves with the Creator or God. With this, the process of evolution gets completed. Attainment of the state of Divinity, which is also known as Union of the individual Soul with the Supreme Soul or Liberation of Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, is the Supreme Grand Goal of Aspiration of Ideal Human Life according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. And attainment of such state is possible only in human birth amongst all kinds of living beings upon this earth plane but in no other species of life. Therefore, our ancient Holy Scriptures and our *Rishis*, *Munis*, Saints, Sages and the Great Ones say that human life is a precious gift of God, created with the higher purpose of enabling the human beings to attain the state of Divinity, which only bestows permanent happiness, eternal peace and spiritual bliss and which alone results in permanent cessation of worldly sorrows and miseries in human life; and therefore, it ought to be utilised most gainfully. When the state of Divinity is attained, and permanent happiness and eternal peace are derived; life is said to be successfully lived, completely lived, purposefully lived, truly lived, worthily lived, happily lived, peacefully lived. Then only human life is said to be ideally lived. Thus

only, this rare and precious gift of human birth given to us by God is wisely and gainfully utilised.

The human beings have a mixture of animal instincts, human qualities and divine faculties. In the process of their evolution, they are supposed to transform themselves into divinity, into perfection, by shedding their animal instincts like lust, anger, greed, fear, hatred, pride, jealousy, selfishness; developing moral and ethical values and human qualities like non-violence, selflessness, tolerance, courage, goodwill, fellowship, brotherhood, doing good to others or *paropakara*, etc.; and unfolding their latent divine faculties like truthfulness, love, purity, compassion, forgiveness etc.,. Thereby, they can make endeavours to attain Self-realisation or God-realisation, the state of Divinity, the state of Perfection.

The process of transformation of the human beings into the state of Divinity as stated above requires knowledge to be derived through education.

Further, God has endowed the human beings, the crown of His creation, with a special faculty i.e. the power of intellect. This power of intellect enables the human beings to think and discriminate between right and wrong. God has also granted complete independence to human beings in the spheres of their thinking and actions. With such independence, the human beings can choose between right and wrong and then think, decide and act accordingly. Right action yields good results leading to happiness and peace in their life and wrong action brings about bad consequences resulting in miseries, sorrows and unrest in their life according to the inexorable Law of Action or *Karma* i.e. "As you sow, so shall you reap". Therefore, it is necessary for the human beings to use the power of intellect, the power of

discrimination and to know what is right and what is wrong.

The learning of the knowledge about the science of actions and the knowledge about discriminating between what is right and what is wrong and then to choose to take right action as stated above also requires education for the human beings.

Acquiring knowledge for the above two purposes constitutes the primary need for education of human beings. Education for these two purposes is the real education or true education; and such education can be derived in the form of moral, ethical, religious and spiritual education. Moral, ethical, religious and spiritual education is called Value Education. This is character-building, life-building and man-making education. Such education is not imparted in the modern schools, colleges, universities and other educational institutions of our country, unlike in the ancient time.

Simultaneous with the process of their transformation, the human beings have to live in this earth plane for some period. During their life span in this earth plane, they need to survive by maintaining their physical body. For survival of their physical body as well as to meet their individual, family and social needs of secular nature, they need to earn money by taking to some income-generating activities. The learning of earning money through such activities also requires knowledge. For acquiring such knowledge also, the human beings need education. Acquiring knowledge for this purpose constitutes the secondary need for education of human beings. Education for this purpose is called the secular education. Such education only is being imparted in the modern schools, colleges, universities and other educational institutions of our country.

This, in short, is the need for education for human

beings. This is the real or true education. This is the complete education.

Without education, the human beings, as stated in our Holy Scriptures and by our *Rishis*, *Munis*, Saints and Sages, live a life similar to that of the animal i.e. taking birth, searching for food, eating, sleeping, procreating, enjoying, fearing, suffering and one day, meeting with death. By living such an animal life, human birth, the precious gift of God, is wasted and the higher purpose of human life is not achieved. Therefore, education, the real or true education, the complete education, is a basic necessity of human beings like food, clothing, house, medicine, etc. and is most vital in human life.

Therefore, the teachers need to impart to their students spiritual education, i.e. moral, ethical, religious (non-sectarian and non-dogmatic) and spiritual education also and education on celibacy informally, as extra-curriculum study, till such education is restored in the schools, colleges and universities by the Governments and the Private Owners of educational institutions. This is in the larger interest of our students and also in the larger interest our culture, our society and our nation. This is extremely important. Therefore, in the present scenario, this is also their great responsibility.

(C) Nation-making responsibility

A nation is made more of its people, the human resources, than its vast geographical land, huge economic riches, great military power, numerous technological developments, several scientific advances and such other resources. Therefore, as discussed earlier, students of nations need to be built as good people. Further, ours is a democratic country. The country is made by the people, it is of the people and it is for the people. As such, it is the responsibility of

each person to make his individual contribution in building of the nation. Therefore, it is also the responsibility, rather the great responsibility, of the teachers to "Make the Nation" in the manner as has been described above, i.e. by "Making their Students". This is a Great "Nation-Rebuilding Measure".

A FEW MORE IMPORTANT POINTS

Incidentally, I would like to touch a few more important points regarding teaching profession.

The role and responsibility of other professionals is almost singular, but that of the teachers are multifarious, as discussed earlier. The teachers are not only the Teachers, but they are also the Fathers, Mothers, Friends, Philosophers and Guides, the All-in-one, of the students. They are also the Makers of the Students and also the Makers of the Nations. Their duty is teaching and their responsibility is man-making and nation-making. And in order that they perform their duties perfectly, play their roles efficiently and discharge their responsibilities effectively, they should keep the following important points always in their mind, which are of vital importance for them:-

(1) Teaching profession is not a commercial profession when compared with other professions. Rather, it is a "noble" profession. It is considered so because of two most important reasons. The first reason is that while in other professions, the employees keep commercial attitude and render their personal services with a view to earning money, but in teaching profession, the teachers keep the attitude of charity or donation or sacrifice and perform their personal services as charity of knowledge or *jnana-yajna* or sacrifice of knowledge, notwithstanding the fact that they also, like other professionals, earn money by way of periodical salary. Also, charity of knowledge is regarded in our Holy Scriptures as

the highest amongst various kinds of charity. Therefore, teaching is a sacred work. The second reason is that while in other professions, one prepares or produces or manufactures "inanimate things" or "inanimate goods", in teaching profession, the teachers make the life of the "living beings" or the "students", the precious living gifts of the Almighty Supreme Lord, by building them as "good human beings" with noble character. Making the life of the students thus is indeed a "noble" work.

(2) Teachers can "make" the life of the students not only by imparting teachings to them on moral, ethical, religious and spiritual lessons but also by living themselves an ideal life with noble character, ethical conduct, righteousness and spirituality. Students listen to the teachings and the good advices of their teachers. But more than that, they observe the very conduct and the very way of living of their teachers, get inspired and encouraged by the same and then they emulate all their good qualities. In this connection, it is most worthwhile to note what my Holy Spiritual Master Swami Sivananda Saraswati says:-

Quote: "Exemplary Teachers Wanted"

"It is important that the professors, teachers and staff of such educational institutions also need to acquire a personal knowledge of and absorb the true spirit of the ethical and spiritual ideals of our great culture. These teachers and professors have constant and continuous contact with their students. It is imperative, therefore, that they personally constitute ideal exemplars of the way of life which they wish the students to follow. They must, to some extent, personify in their own lives the virtues and ideals which they wish their students to acquire and to grow into. If this is lacking, the students have poor examples to follow and it is natural

that they should fail to imbibe anything noble and sublime in their college career.

Just as in the home the example of the parents exerts a decisive influence upon the moulding of a child's personality, so also the example of the teacher exerts an unmistakable influence upon the personality of the student. If the book imparts information to the students, the personal example of the teacher imparts life to the teachings contained therein. It is most essential that the educational world recognizes the deep and far-reaching significance of what has just been stated. It holds the seeds of the ultimate welfare of the whole student-world." **Unquote**

Thus, the ideal personal life of the teachers exerts great influence on the students. As such, teaching by living is the right, best and effective method of teaching and then only the students will accept and follow the same. This point is of tremendous importance for the teachers. In this connection, the case of a mother seeking advices from Paramahansa Ramakrishna for her son comes to my mind. A mother with her son who was eating *gud* too much, met Paramahansa Ramakrishna, stated the matter and requested him to give advices to her son so that he will not eat too much *gud*. Paramahansa Ramakrishna told them to come after 15 days. After 15 days when they met Paramahansa Ramakrishna, he again told them to come after 15 days. This was repeated another time. And when they came next time, Paramahansa Ramakrishna told the boy not to take too much *gud* and the boy obeyed it. The mother asked Paramahansa Ramakrishna as to why he did not give the said advice to her son in the first time itself. Paramahansa Ramakrishna replied that he himself was taking *gud* and unless he stopped taking *gud*, neither he can advise the boy to stop taking *gud* nor his advice would have any effect on the boy. Therefore, he first practised

to stop taking *gud* for 15 days but failed. He repeated his practice, but this time also he failed. Then, during the next 15 days, he did not take any *gud* and then only he advised the boy not to take too much *gud*. And then only his advice became effective on the boy. Thus, advice or teaching becomes effective upon others only when it is practised by oneself in his own life. Therefore, the teachers themselves need to live an ideal life with noble character, ethical conduct, righteousness and spirituality and thus, set the good example and become a role model before their students; and then the students will accept and follow their advices. In this manner, the teachers can "make" the life of their students.

Thus, "first live by oneself and then teach the students" or in other words, "first practise in own life and then preach to the students" ought to be the motto of the teachers.

(3) Ethical performance of duties by the teachers has its great consequences upon the life of the students in comparison to that in other services or other jobs. In administrative services or commercial services or industrial services, the employees and officials deal with inanimate things like preparing letters, notes, memorandum; producing or manufacturing goods, etc. Imperfect performance of duties by them may result in monetary loss or financial damage to the inanimate things. Such losses or damages can be repaired and the letters, notes, memorandum or the goods can be made afresh. But in teaching profession, the teachers deal with animate human beings. Imperfection or negligence displayed in performance of duties by the teachers will not result in removal of "ignorance" in the students and the students will remain ignorant as they were at the time of their birth. The students can not be made "man" by the teachers due to imperfection or negligence displayed in

imparting of right kind of education and consequently, the students, the living beings, will suffer permanent damages and irreparable losses in their life. Such damages or losses can not be repaired or made good. Further, as a sequel to the damages or losses in the life of the students, the entire society and the whole nation will also suffer permanently because the students are the future members of the society and the future citizens of the nation. Such is the grave consequences of imperfection or negligence displayed in performance of duties by the teachers on the life of the students and on the society and on the nation. Hence, ethical performance of duties by the teachers is of utmost importance.

(4) Another important point, rather most important point, in teaching profession is one's "aptitude" towards imparting of teachings. Some teachers take to the teaching profession by "choice", that is, they have inborn aptitude (*prabrutti*) for teaching and it is their inborn nature (*svabhava*) to impart teachings. They have passion for teaching. They like and love teaching work very much. Therefore, they prefer teaching profession and they get employment as teachers. Such teachers take great interest in imparting of teaching to the students. They love their profession, love their subjects and love their students. They love to teach. Hence, they dedicate their time, energy, mind and everything to teaching work, teach the students with missionary zeal and give their head, heart and soul to teaching work and make their greatest endeavours to teach their best and give their best to the students. Their teachings become enlightening and lively. Such teachers get job satisfaction, enjoy their job and derive immense pleasure from their teaching work. The students, in their turn, derive immense benefits from the teachings of such teachers. Other teachers come to the

teaching profession per force or under compulsion, that is, they could not get employment in other professions but got employment as teachers in their efforts to secure some employment. Thus, they come to teaching profession as a matter of employment (*brutti*). Such teachers teach their students generally in a mechanical or routine or perfunctory manner. Their teachings generally become dry. They generally do not get job satisfaction, can not enjoy their teaching work and do not derive pleasure from the teaching profession. And the students do not get quality teachings from such teachers and their teachings are found to be not enjoyable, pleasant and lively. Such teachers ought to cultivate and develop "aptitude" for imparting of teachings to the students so that they themselves will derive happiness and pleasure from their teaching profession and also, their students will derive great benefits from their teachings.

(5) The teachers ought to remember to remain as a student for ever. They ought to keep up the learning spirit of a student throughout their teaching profession and they ought to always keep on acquiring more and more knowledge on their own subjects and also other subjects from different sources. Thereby, they can keep on enriching themselves and enhancing their job knowledge continuously and also they will be in a position to give the best to their students. "Learn more and Share more" ought to be their motto.

(6) The teachers ought to keep on developing their teaching competence i.e., subject knowledge, teaching skill, teaching method, teaching style, etc. by, inter alia, continuously acquiring more and more knowledge, improvements and developments on their subject of teaching; undergoing periodical training programmes,

refresher courses and reorientation sessions; by observing the methods of teaching of other successful teachers; by studying books on the subject of good teaching, etc. As a result, the teachers themselves will derive job satisfaction and the resultant happiness. And the students will get enlightened teachings and superior quality of subject-contents. Also listening to the teachings of such teachers will be very much enjoyable, pleasant, effective and acceptable for the students.

CONCLUSION

Lastly, the teachers may kindly consider to perform their teaching duties; and discharge their roles and responsibilities in the aforesaid manner. This may appear to them to be impossible in the first instance and in the present conditions. But it is never impossible although it may be found a little bit difficult in the beginning. But, after right understanding of the nature, duties, roles and responsibilities in teaching profession and by having firm conviction, strong desire, great willingness and deep interest and by worthily devoting a little more time, it will be possible for them to do so. If they keep on trying their level best sincerely, determinedly, committedly, devoutly, positively and perseveringly, they are bound to be successful in their endeavours. This is for their greatest good; and also the greatest good of the students, the society, the nation and the world.

And in conclusion, I offer my humble, earnest and fervent prayer to the Almighty Supreme Lord to bestow upon you all His choicest blessings for achieving all-round success in your noble teaching profession.

God bless you all.

(Reproduced from the Book "Teaching Profession — Its True Dimensions")

H.H. Shri Swami Sivachidananda Saraswati

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

Revered Teachers ! You must be aware, education in ancient India was life-building, character-building and man-making. As a result, the ancient students could know the right goals and the right path of their life. They were proceeding in that path and building their life rightly by laying a proper

Be good. Do good. — Swami Sivananda

and strong foundation and by constructing a complete, proper, strong and nice superstructure of their life. They were laying the foundation of their life properly and strongly with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. They were achieving all-round developments of their physical body, mind, intellect, heart and soul. They were living an ideal student life.

Further, they were imparted teachings on our great ancient Indian Culture or *Bharatiya Sanskruti*; and about the *parama lakshya* or supreme goal of human life, *dharma* or religion and *adhyatma* or spirituality. Thereby, they were living their future household life ethically, righteously and spiritually. They were making their best endeavours to achieve *Moksha* or Liberation of the Soul from the cycle of births and deaths, called Self-Realisation or God-Realisation, the higher purpose of ideal human life, apart from achieving the ordinary purpose. Thus, the ancient students were able to construct the superstructure of their life completely, properly, strongly and nicely.

Thus, the ancient students were able to build their precious human life rightly and live the same ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

But in the modern time, our schools, colleges and universities teach our students only secular education as per the prescribed study curriculum. There is no provision for imparting of life-building, character-building and man-making education, which is the "Real Education". Consequently, our students are deprived of the same. They are not imparted teachings on the right goals and the right path of human life. They are not taught about the right manner of building their life and the right manner of living the same.

They have become victims of such situation and many of them proceed in the wrong path of life. Consequently, with poor physical health, weak mind, not-so-noble character and not-so-ethical conduct, non-observance of strict celibacy, they are not able to lay a proper and strong foundation of their life. They are unable to achieve all-round development of their physical body, mind, intellect, heart and soul. They are unable to bring out the best in them. They are unable to stand on their own legs and earn their livelihood independently. They are also unable to face the difficulties and challenges of life. Overall, they are not able to live an ideal student life.

Further, they are devoid of knowledge about our great ancient Indian Culture or *Bharatiya Sanskruti*; and about the *parama lakshya* or supreme goal of human life, *dharma* or religion and *adhyatma* or spirituality. Consequently, they do not adhere to ethical values and righteousness in the day-to-day activities in all spheres of their life. They do not practise spirituality and do not make endeavours to achieve *Moksha* or Liberation of the Soul from the cycle of births and deaths, called Self-Realisation or God-Realisation, which is the supreme purpose of human life, as stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Instead, they live their future household life in a predominantly materialistic pattern, with enormous worldly enjoyments and abundant sensual pleasures. As a result, their future life is spent mostly in sorrows, sufferings, miseries and failures. Thus, our modern students are unable to construct the superstructure of their life completely, properly, strongly and nicely.

Thus, our modern students are unable to build their precious human life rightly and live the same ideally, successfully, completely, purposefully, prosperously, happily

and peacefully. Consequently, they are suffering from irreparable damages and incurring permanent losses in their lives.

The adverse effects of our deficient modern education system have also been befalling on our elderly persons, our families, our culture, our society and our nation, generation after generation.

Revered Teachers ! Students are also the future citizens and hopes of the nation. In future, in addition to shouldering the responsibilities of themselves and their families, they will shoulder the responsibility of the nation and its people also. They will have to work for the development, prosperity, peace, safety, welfare, etc. of the nation and its people. They will be "The Makers of the Nation". They will shape the future destiny of the nation. But when the students themselves have not been able to build their life properly and strongly, how can they be able to build the nation; and work for the development, prosperity, welfare and peace of its people ?

In this grave situation, I wish to make an appeal to you all in the larger interests of our students, our culture, our society and our nation, because you are "The Makers of the Students"; and your role in making the students, making the society and making the nation is indeed "Great". Also, the great and onerous responsibility of "making" the students rests on your shoulders.

Revered Teachers ! Mothers and the fathers are said to be the first teachers of their children at homes. When their children come to schools for their education, you are their teachers. Mothers and the fathers are the teachers for a short period of, say, 05 years. But you are the teachers for a very long period of, say, 17 to 21 years, the entire study period of the students. Further, while mothers and fathers lay the

primary foundation of their children by imparting them informally elementary teachings on limited spheres such as good manners, fine behaviour, cultivation of good qualities, right conduct, religious and spiritual practices, etc. amidst their busy schedule of daily household chores and professional duties, it is "You" all who really "Make" the life of the students by imparting them right education. Because, teaching is your principal and full-time duty and also you have the direct opportunity to impart them teachings. Therefore, your role and responsibility as Teachers and as the "Makers of the Students" are of paramount and supreme importance.

Revered Teachers ! You impart teachings to students on various secular subjects as per the prescribed study curriculum, as part of your professional duty. You must perform that duty and teach those secular subjects sincerely and meticulously.

Simultaneously, keeping in view various factors including lack of provision for imparting of life-building, character-building and man-making education; present sorrowful conditions of our students; the intense and urgent necessity for restoration of life-building, character-building and man-making education in our modern schools, colleges and universities; your moral duty, role and responsibility towards your students as "The Makers of the Students", etc.; it frequently comes to my mind seriously that you need to impart your students teachings on the subject of "Life Building and Successful Living", as part of life-building, character-building and man-making education. Therefore, I take this great opportunity to appeal to you all in the following few lines, in the larger interests of our students, our culture, our society, our nation, our world as well as all of us.

Revered Teachers ! Please give your students lesson

Be good. Do good. — Swami Sivananda

on good physical health. Please teach them on *asanas*, *pranayamas*, physical exercises and their necessity, importance and benefits for keeping good physical health, for their practice in the morning and evening hours every day. Please give them teachings on good, nutritious, balanced and healthy food; and tell them why to eat, what to eat, when to eat, how to eat, etc., because food is the chief contributory factor for keeping of good, robust, strong, disease-free physical health. Please give them teachings on pure water, clean air, sound sleep, rest and relaxation as the same are also contributory factors for keeping of good physical health.

Please give your students lesson on powerful mind. Please teach them on thought culture, will culture, memory culture, concentration and meditation, with their necessity, importance, manner of development and benefits. Our students greatly need to learn about the same and practise in their daily life in order to empower their mind. With the help of their empowered mind, they can study their class lessons well. They can achieve success easily and quickly in their study as well as in various fields of activities in their future day-to-day life.

Please give your students lesson on noble character or *satcharitra*. Please teach them about the necessity, importance and benefits of noble character. Please impart them knowledge on student-like good qualities such as obedience, humility, respectfulness, love (*shraddha*), devotion (*bhakti*), faith (*bishwas*), friendliness, self-control, discipline, faith in oneself, self confidence, courage, patience, fortitude, optimism; and on human-like good qualities such as truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, doing good to others; and how to cultivate them. Please explain them the necessity, importance and benefits

of developing those good qualities in human life. Please also impart them knowledge on various evil qualities such as anger, lust, greed, selfishness, hatred, jealousy, arrogance, fear, timidity, pessimism; and how to eradicate the same. Please explain them the colossal harms and huge damages caused to them due to those evil qualities; and the necessity, importance and benefits of eradicating those evil qualities in their life. Consequently, they can learn how to develop good qualities, eradicate evil qualities and build noble character. Please tell them that noble character is humanly and without noble character, a man is as good as an animal. Please tell them that noble character is the most valuable wealth they need to acquire and possess for achieving victory and success in all undertakings and in all fields of their life. Therefore, please tell them that noble character is of paramount importance and is indispensable in their life. This is the most important and vital topic on which our modern students need teachings most intensely and urgently.

Please teach your students lesson on righteous conduct or *sadachara*. Please explain them on the necessity, importance and benefits of performance of righteous actions or moral and ethical actions. Please explain them the inexorable "Law of Actions" of "As you sow, so shall you reap"; and accordingly, exhort them to perform always righteous actions or moral and ethical actions, in their own interest and for their highest welfare and supreme good. Please tell them that performance of righteous actions will bestow upon them good results, happiness, victory and success in all undertakings and in all fields of their life and also build their future destiny as a bright one. Please also tell them that performance of unrighteous actions or unethical actions will result in failures, defeats, sorrows, sufferings and miseries in their life; and shape their destiny as a bad

one. This topic, like noble character, is also of paramount importance and is indispensable in their life.

Revered Teachers ! Another most important and vital topic on which our modern students need teachings most intensely and urgently is celibacy or *brahmacharya*. Please teach them lesson on the great necessity, importance and benefits of strict observance of complete celibacy in student life. Please also teach them the various methods by which they can preserve the vital fluid, *veerya* and thereby, they can be able to observe celibacy strictly and completely. Please explain them how celibacy or *brahmacharya* contributes greatly in keeping of good physical health, empowering of mind, building of noble character, performance of ethical conduct and development of magnetic personality. Please also explain them how celibacy or *brahmacharya* contributes greatly in achievement of material prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths, the higher purpose or supreme purpose of precious and ideal human life. Please also explain them the disastrous evil effects of wastage and loss of the vital fluid, *veerya*. The vital necessity of imparting of teachings to our students on celibacy or *brahmacharya* assumes very great importance in the present situation in view of the polluted, undesirable and unconducive atmosphere now prevailing widely almost everywhere in our modern society.

Revered Teachers ! Please impart them teachings on the origin of the name of our country as *Bharat* or India, and the greatness of our country. Please teach them about *Bharatiya Sanskruti* or Indian Culture and its important principles and practices. Please tell them the special features of *Bharatiya Sanskruti* or Indian Culture and its greatness. While imparting such teachings, please quote profusely from

our ancient Spiritual and other Scriptures which are very rich in knowledge about our *Bharatiya Sanskruti* and its greatness and glory. Please tell them the views of our *Rishis*, *Munis*, Saints and Sages about the greatness and glory of our *Bharatiya Sanskruti*. Please also bring to their knowledge the views of some of the renowned western philosophers, thinkers, educationists, intellectuals, scientists, etc. who have spoken very high on the greatness and glory of our country *Bharat* or India, and on the greatness of our *Bharatiya Sanskruti* or Indian Culture and who have admired the same abundantly. Such teachings will enlighten our students on this prime topic, of which they are now ignorant. Such teachings will enlighten them how *Bharatiya Sanskruti* or Indian Culture, our own culture, is great, glorious, lofty, unique and ideal in the world. Such teachings will help them to get back their lost self-esteem and feel proud to be a *Bharatiya* or an Indian. Such teachings will also inspire them to follow our own culture, the great *Bharatiya Sanskruti* or Indian Culture; and build their life and live the same in the pattern as has been prescribed in our own *Bharatiya Sanskruti* or Indian Culture. Thereby, they can live their precious human life ideally and successfully. This topic is of vital importance.

Revered Teachers ! As you are aware, *Dharma* or Righteousness or Ethical Value, *Artha* or Material Prosperity or Economic Value, *Kama* or Vital Worldly Desires or Vital Value and *Moksha* or Liberation of Soul or Spiritual Value are the four grand goals of ideal human life as stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal *Bharatiya Sanskruti* or Indian Culture, which human beings need to achieve for living an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life upon this earth plane. Please, therefore, impart them teachings on these four grand goals

of ideal human life covering the meaning, necessity, importance, manner of achievement and benefits of the same. Before that, first please teach the students about the real identity of human beings and the true goal of human life. This will create necessary inquisitiveness and interest in their mind to learn those four grand goals of ideal human life.

Then, please teach your students lesson on *Dharma* or Religion, the first grand goal of ideal human life. Teaching on this topic will comprise the correct meaning of *Dharma* or Religion, its true concept, brief outlines of *Dharma* or Religion, fundamental principles or tenets and principal teachings of various Religions, the essentials and non-essentials of all Religions and also unity of Religions. Please ensure that teachings on *Dharma* or Religion are non-sectarian, non-dogmatic and non-bigotry. Please explain them the basic necessity, great importance and immense benefits of adhering to *Dharma* or Religion in human life. Please exhort them that they must adhere to *Dharma* or Righteousness or Ethical Value in all their day-to-day activities of life, in their own interest and for their greatest good.

Dharma is the first, fundamental, foundational, vital and indispensable grand goal of ideal human life. *Dharma* is the life breath of human life according to our great, glorious, lofty, unique and ideal *Bharatiya Sanskruti* or Indian Culture. Therefore, teaching on this topic is of very great importance in student life.

Please give your students brief knowledge including the meaning, necessity, importance, benefits, etc. on *Artha* or Material Prosperity; and *Kama* or Vital Worldly Desires, two other grand goals of ideal human life. Please tell them that *Dharma* or Ethical Value must govern *Artha* or Economic Value and *Kama* or Vital Value. That means, *Artha*, which

means earning of money and acquiring of material wealth, needs to be acquired by them in the ethical ways or righteous ways or in accordance with the ethical code of conduct or according to the rules of *Dharma*, that is, by honest and fair means and without causing harm or loss to other beings, as prescribed in our ancient Spiritual Scriptures. Consequently, *Artha* or earning of money and acquiring of material wealth will not give them sorrows, sufferings and miseries but, instead, bestow true prosperity, real happiness and peace upon them. And *Kama*, which means fulfillment of vital physical, biological, mental, emotional and psychological human desires, must be legitimate and justifiable ones as enjoined in our ancient Spiritual Scriptures so that it does not give them sorrows and sufferings but, instead, bestow true happiness upon them.

Please enlighten the students by imparting them teachings on "Spirituality", the fourth grand goal of ideal human life. Pursuit of "Spirituality" in daily human life leads to attainment of *Moksha* or Liberation of Soul from the cycle of births and deaths, known as Self-realisation or God-realisation. It gives everlasting happiness and eternal peace in human life; and results in permanent cessation of worldly sorrows and sufferings in human life. Please explain them the meaning, basic necessity, great importance and immense benefits of "Spirituality". Please teach them about Spiritual Preceptor or *Aadhyatmik Guru*, Yoga and Vedanta, Spiritual Practices or *Aadhyatmik Sadhana*, Company of Saints or *Satsanga*, Study of Holy Scriptures or *Svadhya*, Divine Life or *Divya Jeevana*, etc.

Spirituality is the supreme and indispensable grand goal of ideal human life as stated in our ancient Spiritual Scriptures. Spirituality is the life breath of human life according to our great, glorious, lofty, unique and ideal

Bharatiya Sanskruti or Indian Culture. Therefore, teaching on this topic also is of very great importance in student life.

Revered Teachers ! Please impart to your students teachings on the necessity, importance, benefits and manner of "Living of *Dharmik Jeevana* or Religious and Ethical Life and *Aadhyatmik Jeevana* or Spiritual Life" during student life and youth period itself. Because, this period is the right period as well as the best period to commence living of such life. Please explain them that living of precious human life upon the earth plane will be ideal, successful, meaningful, purposeful, happy and peaceful by living of *Dharmik Jeevana* or Religious and Ethical Life and *Aadhyatmik Jeevana* or Spiritual Life, that too, from the commencement of student life and youth period itself. My Holy Spiritual Master Shri Swami Sivananda Saraswati says that if the seed of ethics and spirituality is sown during the youth period of students, it will grow into a big tree in their future life and will give sweet fruits of true happiness and eternal peace in their life.

Revered Teachers ! Please explain your students about performance of their own duties and the duties of the householders. Students are also the future members of the society and the future citizens of the nation and of the world. Therefore, please enlighten them about their duties towards their society, their nation and the world. Please teach them to be good members of the society and ideal citizens of the nation and of the world. This topic is also of paramount importance in the prevailing scenario in which the vast majority of people are more conscious about claiming of their rights than about performing of their duties.

Further, our society, our nation and our world are facing two contemporary major problems. Those are lack of unity of religions and lack of world peace. Please, therefore, enlighten your students regarding their contribution towards

unity of religions and world peace as the responsible members of the society and as the responsible citizens of the nation and of the world. This will contribute a great deal towards achieving both prosperity and peace in the life of people of the nation and of all nations all over the world.

Revered Teachers ! The present school, college and university study curriculum does not have provision for imparting of life-building, character-building and man-making education, which is the "Real Education". Therefore, you can impart life-building, character-building and man-making education to your students, informally, beyond school hours, by devoting at least one extra hour per week.

Revered Teachers ! Such devoting of your personal time for the students and imparting them the said education is your sacrifice or charity or *Yajna*. This *Yajna* is called *Jnana Yajna*. Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that performance of charity or *Yajna* by human beings is of great importance and immense benefits in this Iron Age or *Kali Yuga*. They further say that *Jnana Yajna*, i.e. charity or donation of knowledge, is the highest *Yajna* amongst all kinds of *Yajnas*, such as *Artha Yajna*, *Anna Yajna*, *Jala Yajna*, *Vastra Yajna*, *Aushadha Yajna*, *Bhumi Yajna*, etc. Because, material charities or *Dravya Yajnas* give temporary or perishable benefits to the beneficiaries, whereas *Jnana Yajna* gives them permanent and imperishable benefits. Therefore, by imparting the said education to your students by devoting one extra hour per week, you will be performing the highest *Yajna*. Further, performance of other kinds of *Yajna* requires expending of money and materials, apart from devoting time for the same. But performance of *Jnana Yajna* does not require money or materials, except a little of your personal time. And if you so will, you can very well find a little time for this noble and great purpose. Then, it will be

very easy and also possible for you to devote one extra hour every week and teach your students the said education informally. Thereby, you can easily perform the highest *Jnana Yajna*. Therefore, please perform this highest *Jnana Yajna*. This is in your own personal interest and for your great personal benefit.

Revered Teachers ! According to the universal and immutable Law of Actions, that is, "as you sow, so shall you reap"; if someone performs righteous actions, it will bestow good results in his life. In view of this, if you will impart life-building, character-building and man-making education to your students, which is a righteous and charitable action, it will bestow good results in your life. Therefore, please impart such education to your students in your own personal interest.

Revered Teachers ! Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages further say that when such *Jnana Yajna* is performed selflessly, without expectation of any reward or return or fruit; without the sense of doership; and as the worship of the Almighty Supreme Lord, it becomes *Karma* Yoga. And *Karma* Yoga leads towards attainment of the supreme goal of human life, that is, *Moksha* or Liberation of the Soul from the cycle of births and deaths, called Self-realisation or God-realisation, the attainment of which results in everlasting happiness and eternal peace, with permanent cessation of worldly sorrows and sufferings, in human life. Therefore, keeping this point in view, please perform this *Jnana Yajna* as part of your *Karma* Yoga, in your own personal interest and for your immense personal benefit.

Revered Teachers ! The future destiny of our students and of our nation rests in your noble hands. I, therefore, most earnestly and fervently appeal to you all to please rise to the occasion, realise your great moral duty, role and responsibility

as Teachers, consider my appeal deeply and seriously and make it convenient to devote at least one extra hour per week and teach your students lessons on various topics of life-building, character-building and man-making education willingly and heartily, in the larger interests of our students, our culture, our society and our nation; as well as in your own personal interest. Thereby, you will personally benefit greatly, your students will benefit immensely, our society, our nation and the whole world will benefit immensely. This is the "Most Burning Need of the Hour". This is the "Greatest Need of our Students". This is the "Greatest Need of our Nation". This is also the "Greatest Need of our World".

In this connection, let me quote here what my Holy Spiritual Master Shri Swami Sivananda Saraswati says to Principals and Headmasters:-

Quote: "Owing to the influence of dark, antagonistic materialistic forces, most of the students of the present day have become irreligious. There is no moral culture in them. They have no proper understanding of the principle of Brahmacharya and right living. Hence they suffer much when they come out to face the battles of life.

A great onerous duty rests with the teachers and professors in training the students in the path of Sadachara (right conduct) and moulding their character properly. They themselves should be endowed with ethical perfection. Otherwise it will be like the blind leading the blind.

Before taking to the profession of a teacher, you should feel the high responsibility of your position on the educational life. Mere intellectual achievement in the art of delivering dry lectures alone will not suffice. This alone will not adorn a professor or a teacher.

The students are the future hope and glory of the world. They are bulwark of the state. If they are moulded

properly, you will be doing the greatest good. This itself is a great Yoga for you.

You will be doing immense good to them if you introduce some of the religious books for their compulsory study. It will bring moral and spiritual regeneration amongst the youth.

It is your duty to explain to the boys the importance of Brahmacharya and the evil effects of an immoral life and to instruct them in the various methods by which they can preserve the vital Veerya, the soul-force that is hidden in them.

The future destiny of the world rests with you and your students. If you train them in the right direction, in the right path of righteousness, the world will be filled with ideal citizens, Yogins and Jivanmuktas, who will radiate light, peace, bliss and joy everywhere.

O Teachers and Professors! Wake up now. Train the students in the path of Brahmacharya, righteousness and morality. Do not neglect this divine work. You are morally responsible for this onerous work. Let them study some religious books on Yoga, Bhakti, Philosophy and Vedanta. Teach them Gita, Ramayan, Bhagavata and other Scriptures. Let them know the sublime truths of the ancient Rishis and seers. You can have Self realisation if you take up this work in right earnest. Be true and sincere. Open your eyes now.

Blessed is he who truly endeavours in making his students true Brahmacharins. Twice blessed is he who tries to become a real Brahmachari. May the blessings of the Lord be upon them! Glory to such ideal teachers, professors and students!" **Unquote.**

Revered Teachers ! During the course of their efforts for developing good qualities, eradicating evil qualities, performing moral and ethical actions, observing celibacy,

adhering to righteousness or ethical value, following *dharma* or religion, as well as pursuing *aadhyatmikata* or spirituality in their day-to-day life, students may find unfavourable circumstances; and may face many difficulties, obstacles, failures, criticism, etc. And then, they may get discouraged and disheartened; and give up their efforts for the same. In such situations, please guide them how to get over those unfavourable circumstances and how to overcome those obstacles and difficulties. Please also inspire and encourage them to continue their efforts for the same with firm conviction and strong determination, for their immense good. Please explain them that their continued and persistent efforts will bestow upon them a large number of benefits and will lead to success, victory, prosperity, happiness, peace, etc. in their lives.

Revered Teachers ! In this connection, you may utilise our ancient Spiritual Scriptures and the Books written by spiritually illumined *Rishis*, *Munis*, Saints and Sages as resource teaching materials and also prescribe those to your students for their study, for acquiring detailed knowledge on various topics of life-building, character-building and man-making education.

Before I close, I offer my humble, earnest and fervent prayer to the Almighty Supreme Lord to bestow upon you all His choicest blessings for achieving grand success in your above noble endeavour.

God bless you all.

(Reproduced from the book "Teachers' Orientation Programme" (Edition — 2022).

Profound effect of teaching outside class room

"In fact, I feel that spiritual education outside the classroom will produce better results than those within. Of course, the curriculum should include spiritual education. Within the classroom it tends to pass from the ear to the examination paper, without even becoming part of one's inner being. This is not so when the student is taught to prepare for the perpetual examination of life itself. The latter method will have a profound effect on the personality and day-to-day life of the youth."

— Swami Sivananda Saraswati

"Better education, better schools and colleges, better teachers and professors, better books, better parents — all these will create a better nation." — Swami Sivananda Saraswati

(From the Book "Religious Education")

Author's Humble Prayer to our revered Modern Teachers

Sri Mohan Lal Agrawal

Revered Teachers ! You have come to know from the write-ups on "Life Building and Successful Living — A Brief Outline", "Value Education (Character-building, life-building and man-making education) — Its burning necessity in the life of modern students" and "Spiritual Literature — Its great benefits for modern students in life building" (i) that students need to build their precious and rare human life rightly by laying its foundation properly and strongly; and by constructing its superstructure upon the same completely, properly, strongly and nicely, during their golden student life and youth period, the right period of their life, so that they can live the remaining long future period of their precious and rare human life successfully and ideally, i.e. economically and materially prosperously as well as spiritually happily and peacefully; (ii) that in the situation of lack of "Life-building, character-building and man-making education", the "the Real education", in our schools, colleges and universities, which was there in the *Gurukulas* and *Rishikulas* in ancient India, our modern students are suffering from irreparable damages and incurring permanent losses in their life and therefore, they need the said education most intensely and urgently, and that the said education is their "Greatest and Most Urgent Need of the hour"; and (iii) that Spiritual Literature can eminently meet the requirements of our modern students on life-building, character-building and man-making education, till such education is restored permanently in our schools, colleges and universities.

You have also come to know from the write-up on "Teaching Profession — Its True Dimensions" of Shri Swami

Be good. Do good. — Swami Sivananda

Sivachidananda Saraswati, contained in this book, inter alia, that:-

(i) Teachers ought to perform various kinds of charity or *Yajna* for their own personal benefits, because such charity or *Yajna* will bestow upon them good results according to the universal and immutable Law of Actions or *Karmas*, i.e. "as you sow, so shall you reap",

(ii) Performance of charity or *Yajna* carries great importance in this Iron Age or *Kali Yuga* and bestows immense benefits to the performers, as stated in our ancient Spiritual Scriptures and also as said by our *Rishis*, *Munis*, Saints and Sages,

(iii) Charity of Knowledge or *Jnana-Yajna* is the greatest charity or *shrestha yajna* amongst all kinds of *yajnas*; and that Teachers can easily perform such charity or *yajna* without expending money or material but only by devoting some extra time for their students, say, one or two hours per week,

(iv) Imparting of teachings to students by Teachers as their *Karma* Yoga or Yoga of Action leads in their life to attainment of the supreme goal of human life, that is, *Moksha* or Liberation of the Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul or Self-realisation or God-realisation, for attainment of which only the Creator has gifted this precious and rare human birth to human beings; and that, this is in their greatest personal interest, highest welfare and supreme good.

You have also gone through the write-up "An Appeal to modern Teachers" of Shri Swami Sivachidananda Saraswati, wherein Shri Swamiji has most earnestly and fervently appealed you all to kindly consider his appeal deeply and seriously and consider to make it convenient to devote at least one extra hour per week and teach, informally, your students lessons on various topics of life-building, character-building and man-making

education willingly and heartily, in the larger interests of our students, our culture, our society and our nation; as well as in your own personal interest.

Revered Teachers ! You "make the life" of your students by imparting them education and therefore, you are the "Makers of the Students". You have been blessed by the Almighty Supreme Lord with teaching ability as well as great opportunity to impart teachings to your students. Therefore, you can easily impart, informally, teachings to your students on life-building, character-building and man-making education, the real education and the soul of study curriculum, as a matter of charity, without expending any money or material and without searching for students, the recipients of charity, elsewhere but only by devoting some extra time, say, one or two extra hours per week, for your students. Our students are also in the great and urgent need of life-building, character-building and man-making education in the absence of the same in our modern schools, colleges and universities; and that it is their "Greatest Need of the Hour". Therefore, this will be a "Great Students *Seva*", apart from your Greatest Charity of Knowledge.

Revered Teachers ! As you all are aware, students of today are the future citizens of the nation. In future, they will be in charge of various portfolios of the nation and will be responsible for the growth, development, prosperity and welfare of the nation. As such, they are the "Makers of the Nation". The quality of their lives will determine the quality of the life of the nation. Therefore, after being imparted teachings on life-building, character-building and man-making education, they can build their lives rightly so that they can be able to build the life of the nation rightly. Imparting of such education to students, therefore, will also be a "Great Nation Re-building Measure" and a "Great Nation *Seva*".

In view of the above, till our Governments restore life-

building, character-building and man-making education permanently in our schools, colleges and universities, I, most humbly, earnestly and fervently pray to all our revered Teachers, with folded hands, to most kindly consider to take the following actions:-

(i) To kindly consider to take one or more classes per week beyond office hours and impart teachings to students, informally, as extra curricular study, on the subject of "Life-building, character-building and man-making education" or "Life Building and Successful Living", or, in short, "Life Building Science" i.e. on good physical health, powerful mind, noble character or *satcharitra*, ethical conduct or *sadachara*, celibacy or *brahmacharya*, Indian Culture or *Bharatiya Sanskruti*, righteousness or religion or *dharma*, economic prosperity or *artha*, vital worldly desires or *kama*, spirituality or *aadhyatmikata* or *moksha*, etc., as their greatest charity of knowledge or greatest *Jnana Yajna*, and

(ii) To kindly consider to guide, inspire and encourage students to decide the right goals of their life, proceed in the right path of life, build their life rightly by laying a proper and strong foundation of life with good physical health, powerful mind, noble character or *satcharitra* and ethical conduct or *sadachara*, with strict observance of complete celibacy or *brahmacharya*; and by building the superstructure of their life completely, properly, strongly and nicely with achievement of righteousness or *dharma*, earning of money or *artha*, fulfillment of vital worldly desires or *kama* and attainment of spiritual illumination for liberation of the soul from the cycle of births and deaths or *Moksha*, which are the four grand goals of ideal human life, as stated in our ancient Spiritual Scriptures, and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; and thereby, to live an ideal and

successful life, i.e. economically and materially prosperous as well as spiritually happy and peaceful life; and also to become real assets of their families, good members of our society and ideal citizens of our nation.

Revered Teachers ! Your small charity/sacrifice in imparting the aforesaid education to your students will definitely go a long way to dispel darkness and bring light in the personal lives of thousands and crores of students of our nation and also contribute greatly in re-building of our nation.

Revered Teachers ! After your retirement from the active service of teaching profession, you will be entering into the third stage of human life and living a life which is known as "*Vanaprastha Ashram*" life or retired life. During such life, we, with enough leisure time and vast professional experience and expertise, ought to render some selfless service or *paropakara* to the people of our society, as a part of performance of selfless charity or *yajna*, in our own personal interest. We also ought to render selfless service as a part of repayment of our debt to our society and our nation, because our society and our nation have contributed a lot in the growth, development, prosperity and welfare in our life in many ways and, therefore, we are indebted to our society and our nation.

I, therefore, most humbly, earnestly and fervently pray to all our revered Teachers, with folded hands, to kindly consider to continue, after retirement, as part of charity or *yajna* or selfless service or *paropakara* to the people of our society and our nation, imparting of life-building, character-building and man-making education, informally, to our students; and continue guiding, inspiring and encouraging them in the manner as stated above.

(Reproduced from the book "Teachers' Orientation Programme" (Edition — 2022).

Teaching Materials on “Life-building, Character-building and Man-making Education” for use by our revered Teachers for imparting such education to their students

In the greatly-needy situation for imparting of "Life-building, Character-building and Man-making Education" to our modern students; and till the same is completely and permanently restored in the study curriculum for our students in our schools, colleges and universities, a new subject named "Life Building Science" covering various topics on "Life-building, Character-building and Man-making Education" has been conceived and designed; and two new books, viz. "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes) on the said subject, as under, have been prepared for study by our modern students. Our revered Teachers can utilise the said two books as teaching materials for imparting, as extra-curriculum study beyond school hours, "Life-building, Character-building and Man-making Education" to their students.

The first book titled "Life Building Science" is a Text Book. It contains introductory write-ups, with simple meaning, necessity, importance, manner, benefits, source of knowledge, etc., in 24 lessons, on various topics, such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or Bharatiya Sanskruti, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc., of the said subject of "Life Building Science". Our revered Teachers can utilise this book for imparting introductory knowledge to our modern students

on various topics of the said subject of "Life-building, Character-building and Man-making Education". Those write-ups also seek to create necessary inquisitiveness and interest in the minds of our modern students, and encourage and inspire them to study the second book "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes), with due earnestness and great interest, in order to acquire detailed knowledge on each topic of the aforesaid subject.

The second book is titled "Youth ! Arise, Awake and Adopt the Right Path of Life". This book has been compiled in 16 volumes from Sivananda Literature or the books written by Swami Sivananda Saraswati, one of the great, spiritually illumined, God-realised, world renowned Saints of our modern time. This book contains detailed writings of Swami Sivananda Saraswati on various topics of the subject of "Life-building, Character-building and Man-making Education". Those topics include, amongst others, good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or Bharatiya Sanskruti, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc. This book also contains some write-ups of Swami Chidananda Saraswati, the illustrious disciple of Swami Sivananda Saraswati and another great, spiritually illumined, God-realised, world renowned Saint of our modern time.

This book of compilation is a comprehensive, self-contained, all-inclusive and encyclopedic book on the said subject of "Life-building, Character-building and Man-making Education", or, in short, "Life Building Science". Our revered Teachers can utilise this book for imparting detailed knowledge on the said topics to our modern students. They can use this book in two ways. First, after completion

of imparting of introductory teachings on all lessons of the above book "Life Building Science", they can take further classes and impart detailed teachings on all those 24 lessons by using this book. Second, if they can not do so, then they can recommend to their students to self-study each lesson of this book of compilation after completion of imparting of introductory teaching on each lesson of the above book "Life Building Science".

(Presently, these two books are not available in the market as priced publications. Hence, our revered Teachers can utilise the soft copies of the these two books, viz. "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes) in the internet archive, free of cost, by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the said two books in PDF format will be displayed.)

After completion of imparting of teachings on the lessons of the above two books "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life", our revered Teachers may advise their students to self-study the topic-wise books of Swami Sivananda Saraswati, as listed in the earlier write-up on "Great Relevance of Sivananda Literature in "Life-building, Character-building and Man-making Education" for our Modern Students", in order to acquire further/ specialised knowledge on various topics of the subject of "Life-building, Character-building and Man-making Education".

— Mohan Lal Agrawal

Revered Teachers ! Kind attention please:

Video Recording of one

"Teachers' Orientation Programme on Teaching Profession"

Our revered Teachers can watch, free of cost, the Video Recording of one virtual **"Teachers' Orientation Programme on Teaching Profession"** (i) in the **Internet Archive**, (i) by accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, video recording of various episodes of the said programme, beginning with the abbreviation "TOP", will be displayed; (ii) in the **YouTube Channel with the name <Life Building Science>**, (Link:-https://www.youtube.com/channel/UC_engDs_JG4yfEEM6e9UQuEA); and also (iii) in the **YouTube Channel with the name <Mohan's Value Education>**, (Link:- https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ); and thereby, they can derive great benefits of this Festival for themselves.

— Mohan Lal Agrawal

Revered Teachers ! Kind attention please:

Soft copies of the Books "Teaching Profession - Its True Dimensions" and "Teachers' Orientation Programme"

Our revered Teachers can go through, free of cost, soft copies of the Books "Teaching Profession - Its True Dimensions" and "Teachers' Orientation Programme" on "Teaching Profession" in the **Internet Archive**, by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the said Books in PDF format will be displayed.)

— Mohan Lal Agrawal

PART - D

Agenda of and Addresses delivered by the Speakers and Guests during the Special “Sivananda Literature Festival for Students and Teachers” on the subject of “Life-building, Character-building and Man-making Education”, “The Real Education”, for our students; and on “Orientation of Teachers on Teaching Profession” for our Teachers, celebrated by the Divine Life Society, Bolangir Branch, Bolangir, Odisha, India on 19th November 2023

The Divine Life Society, Bolangir Branch, Odisha, India

Celebration of One Day Special "Sivananda Literature Festival for Students and Teachers" on the subject of "Life-building, Character-building and Man-making Education", the "Real Education", for our students; and on "Orientation of Teachers on Teaching Profession", for our Teachers on the 19th November 2023

(I) AGENDA OF THE DAY'S CELEBRATION

First Session (Morning Hours - 6.30 A.M. to 9.00 A.M.)

1. Worship of Lord Ganesh, Goddess Saraswati, Gurudev Sri Swami Sivananda Saraswati and Books written by Him (Sivananda Literature) — 6.30 A.M. to 7.30 A.M.

2. Registration of Students and Teachers — 8.00 A.M. to 8.15 A.M., Breakfast — 8.15 A.M. to 9.00 A.M.

Second Session (Forenoon Hours - 09.00 A.M. to 12.00 P.M.)

1. Announcement about the programme and Invitation to Guests to the dias, (05 mnts.)

2. Introduction of the Guests and participants, (05 mnts.)

3. Welcoming the guests and the participants by Sri Sashi Bhusan Purohit, President, Divine Life Society, Bolangir Branch, (05 mnts.)

4. Lighting of lamp and worship of the Deities by Guest of Honour His Holiness Shri Swami Sivachidananda Saraswati and other dignitaries. Simultaneously chanting of Shanti Mantras of the Veda by Prof. Diptimaya Dash, (10 mnts.)

5. Chanting of Om, Ganesh Stotra, Saraswati Stotra and Guru Stotras by Prof. Diptimaya Dash, (10 mnts.)

6. Inaugural Address by Sri Sashi Bhusan Purohit, President, Divine Life Society, Bolangir Branch, (About Celebration of this Special Sivananda Literature Festival for

Students and Teachers) - (10 mnts.)

7. Reading out the Message of His Holiness Sri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Rishikesh, given in 1959 on the eve of the Sivananda Literature Festival celebrated at Patiala, by H.H. Sri Swami Sivachidananda ji Maharaj - (10 mnts.)

8. Reading out the Messages and Blessings of Saints and Dignitaries received on the occasion of this Special Sivananda Literature Festival for Students and Teachers, by Sri Raghunath Babu, Secretary, Divine Life Society, Bolangir Branch - (15 mnts.)

9. Address to the students by Sri Mohan Lal Agrawal, Initiator of the Festival - (Regarding Great need for celebrating this Special Sivananda Literature Festival for Students and Teachers) - (10 mnts.)

(Tea break - 10 mnts)

10. Address by Prof. Diptimaya Dash, Chief Speaker - (Regarding "Necessity for Life-building, Character-building and Man-making Education and Orientation of Teachers on Teaching Profession, and Great Benefits of Sivananda Literature for Students and Teachers") - (30 mnts.)

11. Address by Shri Sarat Chandra Dixit, Founder-Director, IDM Public School, Bolangir, Chief Guest - (Regarding Benefits of Good Books and Sivananda Literature) - (10 mnts.)

12. Address by Prof. Madhusudan Pati, Special Guest - (15 mnts.)

13. Concluding Address and Blessings by His Holiness Shri Swami Sivachidananda Saraswati, Guest of Honour - (15 mnts.); and Declaration of opening of the Special Sivananda Literature Festival by him - (05 mnts.)

14. Vote of thanks by Sri Raghunath Babu, Secretary, Divine Life Society, Bolangir Branch - (05 mnts.)

(Lunch Break - 01 hour)

Third Session (Afternoon Hours - 1.00 P.M. to 3.00 P.M.)

15. Students and Teachers to go round the Sivananda Literature Festival and see the exhibited books (01 P.M. to 02 P.M.)

16. Questions and Answers (02 P.M. to 02.50 P.M.)

17. Distribution of free literature to the participating Students and Teachers (02.50 P.M. to 03.00 P.M.)

(II) Addresses delivered by the Speakers and Guests during the Special "Sivananda Literature Festival for Students and Teachers" on the subject of "Life-building, Character-building and Man-making Education", "The Real Education", for our Students; and on "Orientation of Teachers on Teaching Profession", for our Teachers, celebrated by the Divine Life Society, Bolangir Branch are reproduced hereunder.

Address - 1 :- Inaugural Address by the Sri Sashi Bhusan Purohit, President, Divine Life Society, Bolangir Branch

Sivananda Literature Festival was celebrated by one modern school student named Sri Venu, with the guidance of his father Sri S.K. Gupta, at Patiala in Punjab state long ago in the year 1959. That was perhaps the first Sivananda Literature Festival. During that festival the spiritual books written by His Holiness Shri Swami Sivananda Saraswati, the Founder-President of The Divine Life Society, Rishikesh were exhibited; and talks by speakers on significance of the wonderful mission of Jnana Yajna or dissemination of spiritual knowledge carried on by Shri Swami Sivananda Saraswati ji Maharaj were arranged for benefits of the visitors to the festival.

On the lines of the said Sivananda Literature Festival, we, the Divine Life Society, Bolangir Branch, Odisha State, India are celebrating today this Special "Sivananda Literature Festival for Students and Teachers" on "Life-building, Character-building and Man-making Education" for students and on "Orientation of Teachers on Teaching Profession" for Teachers, for their great benefits.

Be good. Do good. — Swami Sivananda

We request all our dear students and all our revered Teachers to kindly avail of this great opportunity and take immense benefits from this Festival.

Thank you all.

Address - 2 :- Address by Sri Mohan Lal Agrawal, Initiator of the Festival

I offer my heart-felt and reverential prostrations to Lord Ganesh, Goddess Saraswati and my Spiritual Preceptors His Holiness Sri Swami Sivananda Saraswati and His Holiness Sri Swami Chidananda Saraswati.

I also offer my heart-felt and reverential humble prostrations to H.H. Shri Swami Sivachidananda Saraswati, Founder Member and Former Secretary, Sivananda Centenary Boys School, Bhubaneswar, Prof. Madhusudan Pati, Former Head of the Department of English, Sambalpur University, Sambalpur, Prof. Diptimaya Dash, Department of Physics, Bhadrak Autonomous College, Bhadrak, Shri Sarat Chandra Dixit, Director, IDM Public School, Bolangir, Shri Sashi Bhusan Purohit, President, the Divine Life Society, Bolangir Branch, Odisha and Shri Raghunath Babu, Secretary of the said Divine Life Society Balangir Branch.

My greetings, good wishes and loving pranam to all our student friends.

My humble prostrations to all our revered Teachers.

We will discuss regarding "Great need for celebration of this Special Sivananda Literature Festival for Students and Teachers".

Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages*, including Swami Vivekananda, Swami Sivananda, Mahatma Gandhi, say that "Life-building, Character-building and Man-making Education" is the "Real Education". Both "Life-building, Character-building and Man-making Education", the "Real Education" and Secular Education, the "Ordinary Education" on various subjects, constitute the "Right Education". "Right Education" guides our students to make themselves as "Ideal Students" in order to become "Ideal Human

Beings", i.e. both as "Good Human Beings" and as "Capable Human Beings".

In ancient India, "Life-building, Character-building and Man-making Education" was also imparted to students in the educational centres known as "*Gurukulas*" and "*Rishikulas*". But such education is either not at all imparted or not completely imparted to the students in the modern schools, colleges and universities of our country. As a result, our modern students are deprived of the same and are not able to know the right goals and the right path of their precious human life. Consequently, they are proceeding in darkness and are unable to build their life completely, properly, strongly and nicely and are unable to live their long precious future life ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. In this manner, they are suffering from irreparable damages and incurring permanent losses in their life. In this circumstances, they need "Life-building, Character-building and Man-making Education", the "Real Education", also most intensely, urgently and immediately. This is the **"Burning Need of the Hour of our Modern Students"**.

Further, in the present scenario, our Teachers, the "Makers of the Students", need to be provided with "Right Orientation on Teaching Profession" so that our Teachers can impart teachings to their students with right understanding and more efficiently and more effectively. Thereby, their students are "Made" rightly and they derive great benefits in their lives. By performing their teaching duties with right understanding and more efficiently and more effectively, our Teachers themselves can also derive immense benefits in their personal lives. Therefore, our Teachers need to be provided with "Right Orientation on Teaching Profession". They need the same most intensely, urgently and immediately. This is their **"Burning**

Need of the Hour of our Modern Teachers".

In this connection, the world-renowned Sivananda Literature, which contains right and comprehensive teachings on almost all topics of "Life-building, Character-building and Man-making Education", can most eminently meet the requirements of our modern students.

Therefore, in the aforesaid greatly-needy situation, this Special Sivananda Literature Festival for Students and Teachers has been conceived and designed; and is being celebrated here today by the Divine Life Society, Bolangir Branch, Odisha, India for immense benefits of our students and our Teachers. During this Festival, valuable books on "Life-building, Character-building and Man-making Education" for our students and on "Right Orientation on Teaching Profession" for our Teachers, written by H.H. Shri Swami Sivananda Saraswati will be exhibited in order to bring the same to their knowledge for their great benefits.

Our students and our Teachers can see those books and take note of the same. Subsequently, our students can study those books, acquire necessary knowledge on "Life-building, Character-building and Man-making Education", practise the said knowledge gained from the same in their daily lives and build their lives completely, properly, strongly and nicely. Our Teachers can also go through those books, get right orientation on teaching profession and utilise the knowledge gained from the same in course of their teaching profession for their great personal benefits.

In this manner, our students and our Teachers can derive immense benefits for themselves from this Special Sivananda Literature Festival. Therefore, I request our students and our Teachers to kindly take full benefits from this Festival.

Address - 3 :- Address by Prof. Diptimaya Dash, Department of Physics, Bhadrak Autonomous College, Bhadrak, Chief Speaker

Good morning to all our students. My best regards to all our revered Teachers.

We will discuss regarding "Great necessity for Life-building, Character-building and Man-making Education" for students, "Great necessity for Right Orientation of Teachers on Teaching Profession" for Teachers, and "Great Benefits of Sivananda Literature for Students and Teachers".

In this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Our ancient Spiritual Scriptures as well as our *Rishis*, *Munis*, Saints and Sages say that human beings get human birth only after taking innumerable births in 84 lacs species of life, including the life of plants, trees, insects, birds and animals. Therefore, they say that human birth is a rare gift of the Creator to human beings.

They further say that the Creator has very graciously gifted this rare human birth to human beings not for the ordinary purpose of earning, eating, sleeping, enjoying, procreating and ultimately meeting with death, but for achieving the higher purpose of human life. That higher purpose of human life is to achieve liberation of their individual souls from the cycle of births and deaths, and union of the same with the Supreme Soul, the Creator. Achievement of that higher purpose only bestows everlasting happiness and eternal peace in human life. This is unlike the animals that take their birth and "instinctly" search

their food, eat, sleep, procreate, enjoy, suffer, fear and ultimately meet with their death, and thus, live their lives purposelessly and sorrowfully. Further, achievement of that higher purpose of human life is possible only in human births but in no other species of life. Therefore, they say that the rare human birth is a precious gift of the Creator to human beings.

Student life and youth period, the first part of, say, 20-25 years of human life, is the "golden period" of the rare and precious human life. This period is meant and also is most suitable; and is the right period for building the rare and precious human life rightly. Because this period is the formative stage in the life of human beings. And during this period, human physique is generally found in a growing state; and human mind remains tender, lies in a highly sensitive state and is very receptive. Therefore, it is very easy for human beings to build their lives rightly during this golden period of human life. Hence, students need to utilise the golden student life and youth period of their lives most profitably; and build their rare and precious lives rightly.

How can students build their lives rightly?

Students can build their rare and precious human life "rightly" in two phases. The first phase is the foundation stage and the second phase is the superstructure stage. In the first phase, students need to lay the "foundation" of their rare and precious life properly and strongly with life's four foundation pillars. Those four foundation pillars are good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. This is like laying the foundation of a house building properly and strongly with four concrete foundation pillars. Students need to lay the foundation of their life properly and strongly, because, the quality of the foundation determines the quality of their future life. This is like laying a strong foundation of a house building upon which

a strong superstructure can be constructed.

Upon such a well-laid foundation, and in the second phase, students need to construct the "superstructure" of their rare and precious human life completely, properly, strongly and nicely. They can do so by achieving four great goals of ideal human life according to our great and glorious Indian Culture or Bharatiya Sanskruti. Those four great goals are achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness in life's daily activities and attainment of spiritual illumination for liberation of the individual souls from the cycle of births and deaths, called Self-realisation or God-realisation. This is like constructing the superstructure of a house building completely, properly, strongly and nicely with four facilities of bath room, kitchen, bed room and puja or prayer room. Thereby, living in the house building becomes smooth, comfortable, happy and peaceful. Students need to construct the superstructure of their life completely, properly, strongly and nicely in the said manner. Thereby, they can live their rare and precious human lives ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully.

In this manner, students can build their rare and precious human lives rightly.

In this connection, it is extremely important to note that if students fail to build their rare and precious human lives rightly during their golden student life and youth period, they will find it extremely difficult to build the same rightly later on in their future life. This can be explained with the help of the example of a potter. A potter can give any shape to raw clay, mixed with water, to make various types of earthenware such as pots, cups, bowls, plates, glasses, toys, etc. He can also change the shape of one type of raw earthenware to another type, because at this stage the wet raw clay remains soft and therefore, it is amenable

to any kind of change. But once the shaped wet raw earthenware is burnt in the fire, the same becomes hard and not amenable to change and thereafter, the potter can not change the shape of the burnt and hardened earthenware. Therefore, students need to build their rare and precious lives rightly during their golden student life and youth period itself, the right period of their life. If students build their lives "rightly" during their golden student life and youth period of, say, 25 years, they can live the remaining three periods of their household life, retired life and renounced life, aggregating, say, 75 years, ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. This is like living in a well built-up house smoothly, comfortably, happily and peacefully.

Therefore, it is vitally necessary and extremely important for students to build their rare and precious human lives rightly during their golden student life and youth period itself, the right period of their life, without postponing the same to a later date of their future lives.

Students need to acquire necessary knowledge regarding building their rare and precious lives rightly during their golden student life and youth period through "Life-building, Character-building and Man-making Education". Providing "Life-building, Character-building and Man-making Education" to our students, in the present situation, is vitally necessary and extremely important. It is the **"Burning Need of the Hour of our Modern Students"**.

As regards our Teachers, Teaching is said to be a "Noble Profession". It is a "Man-Making Profession". And Teachers are the "Makers of the Students", who are the "Makers of the Nations". Therefore, our Teachers need to impart teachings to their students with right understanding and with more efficiency and more effectiveness so that their students will derive great benefits. By performing their duties with right understanding

and with more efficiency and more effectiveness, our Teachers themselves can also derive immense benefits in their personal lives.

Further, study curriculum for students needs to ideal and complete comprising both "Life-building, Character-building and Man-making Education", the "Real Education", as well as "Secular Education on various Subjects of Study", the "Ordinary Education". "Life-building, Character-building and Man-making Education", the "Real Education", in my humble view, is the "Soul" of the study curriculum of the education system while "Secular Education on various Subjects of Study", the "Ordinary Education", is its body. Both these education, combined together, is the "Right Education". It aims at making the students as "Ideal Human Beings", i.e. both "Good Human Beings" as well as "Capable Human Beings". In the present situation, our Teachers, in my humble view, need to impart "Life-building, Character-building and Man-making Education", the "Real Education", also, in addition to the extant "Secular Education on various Subjects of Study", the "Ordinary Education", to our students. Thereby, they can "Make" the lives of their students "Rightly". In this regard, our Teachers need to know various books on different topics of "Life-building, Character-building and Man-making Education", so that they can utilise the same as teaching materials for imparting such education to their students.

Thus, our Teachers need to be provided with "Right Orientation", both on "Teaching Profession" as well as on "Life-building, Character-building and Man-making Education". Therefore, providing "Right Orientation" to our Teachers, both on "Teaching Profession" as well as on "Life-building, Character-building and Man-making Education", is vitally necessary and extremely important. It is the **"Burning Need of the Hour of our Teachers"**.

Keeping in view the above two most important facts

relating to our students and our Teachers, and since Sivananda Literature can most eminently meet their requirements, this Special Sivananda Literature Festival for Students and Teachers on "Life-building, Character-building and Man-making Education" and on "Orientation of Teachers on Teaching Profession" is being celebrated here today by the Divine Life Society, Bolangir Branch, Odisha, India for benefits of our students and our Teachers.

As regards our students, some valuable books written by H.H. Shri Swami Sivananda Saraswati, one of the great, spiritually illumined and world-renowned saints of the modern world, containing teachings on various topics of "Life-building, Character-building and Man-making Education", are being exhibited during this Special Sivananda Literature Festival for bringing the same to the knowledge of our students. Before we know about those books, let us first know briefly about the author of those books, because knowledge about the authors of books creates interest and eagerness in the minds of the readers to study the books written by them with full faith, due earnestness and greater acceptability.

The author H.H. Shri Swami Sivananda Saraswati, known as Kuppuswamy in his pre-monastic life, was a doctor in modern medicine. During the course of his professional life as a doctor, dispassion drawn in him. Therefore, he renounced his lucrative professional life, embraced sannyasa life, entered into the spiritual life, practised intense spiritual austerities and prolonged and deep meditation and attained spiritual illumination or Self-realisation or God-realisation or *Moksha*. He shone as a great Yogi, *Para Bhakta*, Saint, Sage and *Jivanmukta* (One liberated while living). The doctor of the body and mind became the doctor of the soul. He is a broad-minded, catholic, liberal, world-renowned saint of our modern time. He is regarded all over the world as one of the great, world-

renowned and spiritually illumined saints of the modern time.

After attainment of spiritual illumination, the mission of life of Swami Sivananda Saraswati became dissemination of the spiritual knowledge that he gained during his spiritual sadhana amongst the entire humanity, in order to show them the right path of life. He, therefore, wrote more than 300 books on all aspects of human life, commencing from health and hygiene to religion and spirituality. He wrote those books for all categories and all classes of people for their guidance. He had special interest for the education, development and welfare of the modern students and youth and therefore, he has written many books especially for their benefits. And, he commenced spreading the same as a part of his real and selfless service to the entire modern mankind, including the modern students and youth, all over the world.

Now let us discuss briefly about the world-renowned Sivananda Literature or the books written by Swami Sivananda Saraswati. Because knowledge about the books written by authors enlightens the readers about the relevance, importance and benefits of those books and creates inquisitiveness, interest and eagerness in the minds of the readers to study those books with full faith, due earnestness and greater acceptability.

The vast Sivananda Literature is universal and is a class by itself. Sivananda Literature can most eminently meet the requirements of our modern students also on "Life-building, Character-building and Man-making Education" from four important points of view.

(i) First, Sivananda Literature contains right teachings on all topics on the subject of "Life-building, Character-building and Man-making Education" which our modern students need the most, commencing from good physical health to self-realisation, and thus, Sivananda Literature is all-inclusive and comprehensive.

Be good. Do good. — Swami Sivananda

(ii) Second, Sivananda Literature is simple, scientific, rational, practical and powerful. It is also highly awakening, deeply appealing, greatly inspiring, heart-touching and life-transforming.

(iii) Third, Sivananda Literature is universal, non-sectarian, non-dogmatic, non-bigotry and therefore, students of all nationalities, religions, faiths, beliefs, sects, castes, creeds, colours, gender, etc. can study the same.

(iv) Fourth, Shri Swami Sivananda has imparted his teachings to the students not as a Master, but as a friend and well-wisher. He always took the positive course of encouraging and infusing new hope and optimism into students and youth; and seldom took condemnatory attitude towards them. He also addressed the students directly which gives them the feeling of a personal touch and also which creates a feeling of intimacy, sense of interest and ready acceptability of his teachings in their minds. Also, his teachings are in simple language and even a high school student can understand the same well. Thus, Sivananda Literature is highly student-friendly.

In view of these four important points of view, our modern students can most profitably study Sivananda Literature or the books written by Swami Sivananda Saraswati and acquire detailed knowledge on various topics of the aforesaid subject of "Life-building, Character-building and Man-making Education".

Now let us know those books.

First, let us know the books on all topics :

(1) The first book is "Life Building Science". This book has been newly conceived, designed and prepared by Sri Mohan Lal Agrawala. This is an introductory Text Book on various topics of the subject of "Life Building Science". It seeks to impart **introductory knowledge** on various topics of "Life-building, Character-building and Man-making Education" to our students.

It also seeks to develop necessary inquisitiveness and interest in their minds and also encourage and inspire them to study the second book "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes) in order to acquire detailed knowledge on various topics of the said subject.

(2) The second book is "Youth ! Arise, Awake and Adopt the Right Path of Life". This book has been written by H.H. Shri Swami Sivananda Saraswati and H.H. Shri Swami Chidananda Saraswati, who are two great, spiritually illumined and world-renowned saints of the modern world. It is in 16 volumes and has been compiled by Sri Mohan Lal Agrawala. This is a comprehensive Text Book on the subject of "Life-building, Character-building and Man-making Education", or in short, "Life Building Science". It seeks to impart **detailed knowledge** on various topics of "Life-building, Character-building and Man-making Education" to our students.

Second, let us know the topic-wise books written by H.H. Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Rishikesh :

Topic — Good Physical Health:- 1. Yoga Asanas, 2. Science of Pranayam, 3. Health and Diet, 4. Health and Hygiene, 5. Radiant Health through Yoga, 6. Health and Long Life, 7. Health and Happiness, **Topic — Powerful Mind:-** 8. Thought Power, 9. Mind, Its Mysteries and Control, 10. Conquest of Mind, 11. Concentration and Meditation, **Topic — Noble Character:-** 12. How to Cultivate Virtues and Eradicate Vices, 13. Universal Moral Lessons, 14. Conquest of Anger, 15. Conquest of Fear, **Topic — Ethical Conduct:-** 16. Ethical Teachings, 17. Universal Moral Lessons, **Topic — Celibacy:-** 18. Practice of Brahmacharya, **Topic — Insight into Human Life:-** 19. Know Thyself, 20. Philosophy of Life, **Topic — Religion:-** 21. All About Hinduism, **Topic — Spirituality:-** 22.

Guru Tattwa, 23. Practice of Karma Yoga, 24. Essence of Bhakti Yoga, 25. Practice of Bhakti Yoga, 26. Japa Yoga, 27. Raja Yoga, 28. Dhyana Yoga, 29. Jnana Yoga, 30. Essence of Vedanta, 31. Practice of Vedanta, 32. Principal Upanishads, 33. Bramhasutras, 34. Srimad Bhagavad Gita, 35. Satsanga and Svadhyaya, 36. Sadhana, **Topic — Unity of Religions:-** 37. Unity of Religions, **Topic — World Peace:-** 38. World Peace, **Topic — General:-** 39. Religious Education, 40. Moral and Spiritual Regeneration in the world, 41. Sure ways for Success in Life and God Realisation, 42. Students Success in Life, 43. Inspiring Stories, 44. Spiritual lessons, 45. Students, Spiritual Literature and Sivananda (Swami Chidananda Saraswati).

These topic-wise books seek to impart **further/ specialised knowledge** on various topics of "Life-building, Character-building and Man-making Education" to our students.

As regards our Teachers, some most valuable books on "Orientation of Teachers on Teaching Profession" written by H.H. Shri Swami Sivananda Saraswati and some of His disciples are being exhibited during this Festival for bringing the same to the knowledge of our Teachers. Let us know those books.

The first book is Religious Education, the second book is "Teaching Profession — Its True Dimensions" and the third book is "Teachers' Orientation Programme".

During this Festival our students and our Teachers can have the great opportunity to see all those books. They can see those books and take note of the same.

Thereafter, our students can study those books, acquire necessary knowledge on various topics of "Life-building, Character-building and Man-making Education" and practise the knowledge gained from the same in their daily lives sincerely, meticulously, regularly and persistently. Thereby, they can build their rare and precious human lives rightly during their golden

student life and youth period itself; and live the same ideally and successfully.

Our Teachers can also go through those books, get right orientation on teaching profession and utilise the knowledge gained from the same in course of their teaching profession for benefits of their students as well as for themselves.

In this manner, our students and our Teachers can derive immense benefits for themselves from this Festival. Therefore, they may go round this Festival, see those books and take notes of the same with due interest and great earnestness for their immense benefits.

Thank you all.

**Address - 4 :- Address by Shri Sarat Chandra
Dixit, Founder-Director, IDM Public School,
Bolangir, Chief Guest**

Good morning to all our students. My regards to our revered Teachers.

We will discuss about "Benefits of Good Books".

A good book is said to be one's best friend. It is one's trust-worthy, all-weather and life-long companion. It is readily available by one's side to extend instant and needed help at times of one's need.

When one is groping in darkness, a good book throws light in one's path. When one is bewildered and moving in the wrong path in the journey of his life, it shows him the right path of life. When one feels helplessness, it provides him necessary mental support. When one feels mentally weak, it provides him mental strength. When one is facing problems in life, it provides him guidance for finding out right solutions to the same. When one is beset with obstacles in life, it provides him courage to face the same. When one feels discouraged, it provides him encouragement. When one meets failures in life, it gives him right understanding and sense of optimism. When one gets disappointed in life, it gives him new hope and inspiration. When one is suffering from sorrows and miseries in life, it provides him consolation and patience to bear the same calmly. It is ever ready to extend necessary help. A good book can turn the course of one's life towards the right direction. A good book can transform one's life into a noble one.

Unlike the General Books Festivals or Literature Festivals, this Special Sivananda Literature Festival for Students and Teachers is a novel one, because books on the particular subject of "Life-building, Character-building and Man-making Education"; and "Orientation of Teachers on Teaching

Profession" only are being exhibited for benefits of our students and our Teachers.

These books for students, as said earlier, have been written by Shri Swami Sivananda Saraswati, one of the great, world-renowned and spiritually illumined modern saints of the world. These books are very good books. These books are most valuable and extremely beneficial. These books directly relate to one's golden student life and youth period, as well as the precious long future life. These books are immensely beneficial for our students in the matter of building of their life rightly and living the same ideally and successfully.

The books on "Orientation of Teachers on Teaching Profession" are also most valuable and immensely beneficial for our Teachers.

Therefore, our students and our Teachers may avail of this great opportunity, go round this Special Sivananda Literature Festival, see the exhibited books on various topics of "Life-building, Character-building and Man-making Education"; and on "Orientation of Teachers on Teaching Profession"; and take note of the same.

Thereafter, our students may study those books with great interest and due earnestness. Thereby, they can acquire necessary knowledge on what are the right goals of their rare and precious human life, what is the right path of their rare and precious human life, how to lay the foundation of their rare and precious human life properly and strongly during their golden student life and youth period, how to construct the superstructure of their rare and precious human life completely, properly, strongly and nicely, and how to live their rare and precious human life ideally and successfully.

After acquiring such knowledge, our students need to practise the same in their daily life sincerely and regularly. Such practice is in their own interest, and for their highest welfare

and supreme good. Thereby, they can build their rare and precious human life rightly and live the same ideally and successfully, that is, both economically and materially prosperously as well as spiritually happily and peacefully.

Our Teachers may also go through the books and get right orientation on teaching profession. Thereafter, they need to utilise the knowledge gained from the same in course of their teaching profession. Thereby, they can derive immense personal benefits for themselves.

In this manner, our students and our Teachers may take full advantage of this Sivananda Literature Festival and derive immense benefits for themselves.

Thank you all.

**Address - 5 :- Address by Prof. Madhusudan
Pati, Former Head of the Dept. of English,
Sambalpur University, Sambalpur, Special Guest.**

Om Namo Bhagavate Sivanandaya.

Om Namo Bhagavate Chidanandaya.

Humble prostrations of this sevak to each and every divyatma assembled here in the spiritual presence of Sadgurudeva Sivananda and Sadgurunatha Chidananda. May their holy blessings be ever upon us and may they be the light of our lives.

I offer grateful thanks to all those associated in this elevating service for having given me the privilege of speaking a few words on this occasion. May the holy Master make me worthy of the trust.

I would first of all address the students who are the primary reason why we are here this morning.

Dear students, I earnestly urge you to be awake to your great responsibility. You are to do good to yourself, to your family, to the society, to the nation and the world at large assigned to you by God. At your age the first duty is to build a pure and strong character and to cultivate a tender sensibility. These two, combined, constitute the foundation of four-fold attainment — *chaturbarga siddhi* of *dharma*, *artha*, *kama* and *moksha*, in other words, complete human fulfillment. Keep in mind the fact that all your attainments are ingrained in you in the form of silent potential. It is for you to try to manifest them to the best of your ability. The basis is your *svabhava* — your nature. That is why the Lord inspires and cautions in the Gita that you are your best friend and you can also be your worst enemy. It all lies in you — it is for you to strive and not to yield.

The best education you can hope to acquire is that of

Be good. Do good. — Swami Sivananda

love — true love for your deeper being and for the world at large. Begin loving your own self — the gift of God. Once you understand what a great gift it is, once you realise the glory of being human, no evil passion, no inferiority complex and no stupid selfishness will render you pitiable. You will then automatically get drawn towards noble values, towards the pure and deeper kind of joy that lies within before which pale into insignificance all the pleasures the entertainment industry offers by titillating your senses with false appearances. Philosophers like Socrates and our rishis of yore have exhorted again and again — "Know thyself" and *atmanam biddhi*. The two are not entirely identical, but both are necessary. To know your divine self, to which I paid obeisance right at the beginning — that is your ultimate goal. But you do not have to run away from home like Ramana Mahrshi right away and sink into your self. That kind of urgency is reserved only for the most evolved, pure svabhava. By your efforts and God's grace you may someday attain that svabhava. For now try to understand your present state of being. Great poets and scientists, in their own different ways, make you understand that you are not merely a small, little entity, separate from all others. They make you conscious that you are, verily, the universe. You are an inseparable part of a vast, cosmic totality. Whether you call it in scientific terms quark or in terms of Great Nature a life-principle - Shakti rupena - essentially you are pulsating the same way as the entire universe, from a blade of grass to vast galaxies. But this knowledge, properly speaking, cannot be had merely as information or intellectual perception. This is to be felt - seen with the heart and not the eyes.

But how would that come about ? First of all cultivate anew the sense of wonder you had as a child but have forgotten it slowly with the years. Try to apprehend the

miracle that the universe as a whole, and every bit of it, exhibits. Your body is a miracle, the butterfly that emerges from chrysalis is a miracle — there is miracle in everything and everywhere. You have to be sensitive to it. Think of an ordinary leaf. Do you know that this ordinary leaf, in fact, is a basic sustaining medium of life on earth? It converts light into life - through photosynthesis converts solar rays into energy, releases oxygen and moisture into the atmosphere. It is the basis of all food. And so think of it not simply as something most commonplace, but as a wondrous song of life. Develop a new vision. As the poet William Blake wrote, it is possible —

To see a world in a grain of sand
And heaven in a wild flower
Hold Infinity in the palm of your hand
And Eternity in an hour.

That is what our *rishis* did, they cultivated a sense of wonder and insatiable curiosity, plumbed deeper and deeper into their beings and discovered the Eternal, the Imperishable, the Universal. And as sage Astavakra exclaimed — "*Aho Aham, Namah Mahyam*" — "Oh, how marvellous I am, I bow to myself" — they experienced a profound sense of fulfillment.

But why do we not experience the same ? Because, as even the poets understood, because of two things — the film of familiarity and selfish solicitude — because we take everything for granted taking them as nothing extraordinary and because we are constantly running after petty selfish interests. We have eyes that do not see, ears that do not hear, and hearts that do not feel nor understand. That is why our sages taught us to pray —

ॐ भद्रं कर्णेभिः शृणुयाम देवा भद्रं पश्येमाक्षभिर्यजत्राः ।

— May we hear and see noble, auspicious things. To

Be good. Do good. — Swami Sivananda

grow into that state, you have to be careful not to blunt your sensitivity, not to lose your feeling of wonder, your curiosity and your sense of belonging in the universe without feeling over-familiar. In fact, even for Shishyas, the injunction is - do not grow familiar with your *Guru*, for you then mistake him as but just another human being. Therefore remain ever fresh, humble and unselfish. Then you would evolve as Mahanubhavas, as great souls. Then you would know that to live for the world is the only way one can truly live for oneself.

Teachers have a central place in the scheme of things. It is for them to show the light, through right living, right thoughts and right actions. Teachers should never commit the mistake of underestimating their status. They might be doing a job in an institution, but they must not reduce themselves to the status of employees. They are the true makers, the most potent nation builders. They have to have an awareness of their great mission. It does not matter how much they succeed in feeding information; it is important that they produce good human beings. That is their great responsibility, that is their glory, and, indeed, that is also their salvation.

Teachers and students are inseparable entities. Teachers are, in fact, one in soul with all those whom they instruct. Teacher means one who has students; student means one who has a teacher. They make a composite unit. The great *Taittiriya Upanishad* teaches how both *Guru* and *Shishyas* have a common destiny. They chant —

ॐ सह नावतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।
— May (*Ishwara*) protect us both; May we be sustained

together; May we together invigorate ourselves; May the wisdom we have shared be energized; May we never grow mutually inimical; May there be peace all over, at all three levels.

And again —

अवतु माम् । अवतु वक्तारम् ॥

— May we together be spiritually protected.

It is this togetherness; this unity of being that builds civilisations, enriches culture, ensures healthy social life and affords support for spiritual advancement.

Let us pray here together to *Gurudev* to inspire us with that largeness of vision and purpose, that solidarity, that nobility of life and that blessedness.

May we all be happy, healthy, ever with auspicious perception and free from all sorrows.

Om Tat Sat.

Universal Prayer

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

Be good. Do good. — Swami Sivananda

come to you at the right time of your life, that is, your student life and youth period, the golden period of your life. This period is the most suitable period when you need to decide "The Right Goals" of your life, know "The Right Path" of your life and accordingly, you need to proceed in that right path and "Build Your Life Rightly". If you can build your life rightly during your golden student life and youth period, you can "Live your future long life ideally and successfully, that is, economically and materially prosperously as well as spiritually happily and peacefully". Hence, you are blessed in that way. Therefore, I address you all as the "Blessed Students".

Blessed Students ! During this Special "Sivananda Literature Festival", most valuable and extremely beneficial books of one of the great, spiritually-illuminated world renowned saints of the modern world on the subject of "Life building, Character-building and Man-making Education" have been exhibited and brought to your knowledge. You will be seeing all those books during this Festival.

Blessed Students ! After this Festival is over, please take two steps.

The first step is, please study those books and acquire necessary knowledge on various topics of the subject of "Life-building, Character-building and Man-making Education". Study of those books is a necessity. Because, if you will not study those books, how can you acquire necessary knowledge on the said subject ? Please, therefore, study those books definitely.

Please study those books with willingness, patience, faith, interest and encouragement. Please also study the same earnestly, devoutly, sincerely, thoroughly, carefully and meticulously. Please study all chapters/lessons, one by one.

Please study those chapters/lessons again and again. Repeated study, that too with high level of receptivity, will enable you to get a clear and correct understanding of the knowledge contained in those books.

After studying each chapter/lesson of those books, please do manana or calm and deep reflection in your mind for some more time on the knowledge so gained. Such reflection will help you in proper grasping and full absorption of the knowledge in your mind. Please also do nididhyasana or composed and deep meditation for some longer time on the knowledge contained in each chapter/lesson of those books so that you will be able to absorb and assimilate the same in your mind deeply and retain in your memory instantly and for long period.

Please study those books for 20 to 30 minutes every day. Please study the same in the early morning hours, because in the early morning hours, the mind remains calm, quite and fresh and is found to be in a receptive state, concentration of the mind comes easily and whatever is studied is deeply absorbed and easily remembered. However, if that is not possible because of the heavy burden of your school/college/university class lessons, please study those books for 01 to 02 hours on all Sundays and holidays, in the early morning hours.

By studying the books, you will acquire necessary knowledge on the above subject. You will learn the right goals and the right path of the rare and precious human life; the right period of building of the rare and precious human life, the right manner of building the same and the right manner of living the same.

Blessed Students ! The second step is that, after studying the books on the subject of "Life-building,

Character-building and Man-making Education" and acquiring necessary knowledge on the said subject, please practise the knowledge so gained by you in your daily lives so that you can derive the real benefits in your lives. Please note that knowledge is meant to be practised. If you do not practise the knowledge, you can not derive real benefits in your lives. Knowledge is primary. But practice is must. There is no substitute to practice. Practice is extremely important. Therefore, please practise, practise and practise the knowledge.

Please decide the right goals of your life. Please commence proceeding in the right path of human life. Please build your rare and precious human life during your golden student life and youth period. Please build the same in the right manner. That means, please lay the foundation of your rare and precious human life properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct. Please strictly observe complete celibacy. And upon such a well-laid foundation, please construct the superstructure of your rare and precious human life completely, properly, strongly and nicely by achievement of life's four great goals, viz. adherence to righteousness, achievement of economic prosperity, fulfillment of vital worldly desires and attainment of spiritual illumination for liberation of Soul. These are the four grand goals of ideal human life according to our great, glorious, lofty, unique and ideal ancient Indian Culture or Bharatiya Sanskruti. These grand goals are known as dharma, artha, kama and moksha in our ancient Spiritual Scriptures. By building your rare and precious human life rightly in the said manner, you can live your rare and precious human life ideally, successfully, completely, purposefully, prosperously, worthily, happily and peacefully.

Be good. Do good. — Swami Sivananda

Blessed Students ! In this connection, please note one most important point. That is, "Please "D.I.N.", which means "Do It Now" as my Spiritual Master His Holiness Shri Swami Sivananda Saraswati says. That means, please commence study of the books "today" and also practice of the knowledge gained from the same "today". Because, if you will think that you will study the books "tomorrow" or practise the knowledge from "tomorrow", that "tomorrow" will never come, and in that case, you will be the greatest loser. But if you study the books "today" and practise the knowledge "today", you will be the greatest beneficiary. Life is short. Time is fleeting. Therefore, please "D.I.N.", "Do It Now", study the books "now", acquire necessary knowledge "now" and practise the knowledge so acquired "now". Thereby, you will derive immense benefits for yourself. This is in your own interest, and for your highest welfare and supreme good.

Blessed Teachers ! The result of some meritorious deeds performed by you in some of your past births has now fructified and has come to you now as a divine blessing in the form of this Special Sivananda Literature Festival on "Orientation of Teachers on Teaching Profession", with exhibition of most valuable books on "Orientation of Teachers", for your great benefits.

Blessed Teachers ! Please take note of the said books, go through the same and practise the knowledge contained in those books in course of your teaching profession. Thereby, it is firmly believed, you will get "Right Orientation on Teaching Profession". Thereafter, you will find it easy to impart teachings to your students with right understanding, and with more efficiency and more effectiveness, and "Make" the lives of your students as ideal. Consequently, there is no doubt that your students will derive immense benefits in their

lives. **But, most importantly, you yourselves will derive great benefits in your personal lives.**

Now I pray to the Almighty Supreme Lord and all Rishis, Munis, Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs to bestow Their Choicest Blessings upon all our dear students to enable them to endeavour their best in deciding the right goals of their precious life, proceeding in the right path of life, building their life rightly and living the same ideally and successfully. I also offer my prayer to Them to bestow Their Choicest Blessings upon all our revered Teachers for their immense benefits.

God Bless you all.

Now, I declare that the Special Sivananda Literature Festival for Students and Teachers being celebrated here today stands opened.

(The above agenda and the addresses delivered by the Speakers and Guests can also serve as a "Model Sivananda Literature Festival for Students and Teachers" and can be considered to be utilised by those who will celebrate such Festival.)

**"Better education, better schools and colleges, better teachers and professors, better books, better parents — all these will create a better nation." — Swami Sivananda Saraswati
(From the Book "Religious Education")**

Excerpt from the Publisher's Note contained in the Booklet "Students, Spiritual Literature and Sivananda" published by The Divine Life Society, Headquarters, Rishikesh.

"Students are moulded to the education they receive," says Swamiji*. At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: "I speak as your humble Sevak and 'Hitakankshi'. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own." Gurudev's gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous — the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

* Swami Sivananda Saraswati

Sivananda Literature — The Akhanda Jyoti

The teachings of Swami Sivananda Saraswati from his saintly heart as contained in Sivananda Literature, the God-sent Gift, are immortal. Therefore, those are a great blessing not only to the generation in which He lived but also to the generation and generation to come after Him.

The world-renowned saint Swami Chidananda Saraswati, one of the foremost and great disciples of Swami Sivananda Saraswati, while delivering a talk on His Holy Spiritual Master said "Our daily life should be a response to that call from darkness to Light. And Holy Master, having become illumined with that Light, wished to share it with all mankind, with all his brethren. And this great and intense urge from his great heart manifested itself as 300 books and his free distribution of innumerable pamphlets. This sharing was one hundred per cent of his life. It marked his entire being — share! "May all be illumined. May all attain that great peace. May all become blessed. May all become liberated!" That was Holy Master!" He further said, "And through this institution that he established, he continues to do that sublime

work. Fortunate indeed is mankind. Blessed are generations that have come after him, for he made his light to shine perpetually. He has made it akhanda jyoti. He has made a permanent, unbroken light, banishing the darkness, illumining the pathway of life of all sincere seekers."

In view of the foregoing, Sivananda Literature can most eminently meet the requirements of our modern students on various topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" for ever, generation after generation, and hence, our modern students can most profitably study Sivananda Literature and derive immense benefits in their lives, both secular and spiritual.

Video Recording of this Special Sivananda Literature Festival for Students and Teachers

Students and Teachers can watch the video recording of the Celebration of this Special **"Sivananda Literature Festival for Students and Teachers"** on the subject of "Life-building, Character-building and Man-making Education" for students and on "Orientation of Teachers on Teaching Profession" for Teachers (i) in the **Internet Archive** by accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the video recording of various episodes of the said Festival, beginning with the abbreviation "SLF", will be displayed; (ii) in the **YouTube Channel with the name <Life Building Science>**, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also (iii) in the **YouTube Channel with the name <Mohan's Value Education>**, (Link:- https://www.youtube.com/channel/UCKu88g4_8o5OiigWI0owZQ); and thereby, they can derive great benefits of this Festival for themselves.

Sivananda Literature Festival for Students and Teachers celebrated by the Divine Life Society, Bolangir Branch, Odisha



Worship of Deities and Sivananda Literature



Lighting of Lamp



Guests and Speakers



Sri Sashi Bhusan Purohit, President, DLS, Bolangir



Sri Mohan Lal Agrawal, Initiator of the Festival



Prof. Diptimaya Dash, Chief Speaker



Sri Sarat Chandra Dixit, Chief Guest



Prof. Madhusudan Pati, Special Guest



H.H. Sri Swami Sivachidananda



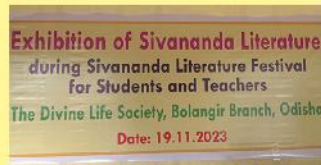
Sri Raghunath Babu, Secretary, DLS, Bolangir



Smt. Babita Mishra, Anchor



Participating Students & Teachers



Sivananda Literature Exhibition
Wall Banner



H.H. Sri Swami Sivachidananda Saraswati
seeing the Exhibition



Students and Teachers seeing
the Exhibition



Students and Teachers seeing
the Exhibition



Guests, Speakers, Students and Teachers at the Sivananda Literature Festival



Sivananda Ashram,
Divine Life Society, Bolangir Branch



Lord Sri Viswanath at Sivananda Ashram,
Divine Life Society, Bolangir Branch



Gurudev H.H. Sri Swami Sivananda Saraswati and Gurudev H.H. Sri Swami Chidananda Saraswati
at Sivananda Ashram, Divine Life Society, Bolangir

Contd. from front inner page

Thereby, they can "Rightly Make" the lives of their students as ideal. Consequently, their students will derive immense benefits; and also their families, our societies and our nations will derive great benefits. Simultaneously, and more importantly, our Teachers themselves will derive great benefits in their personal lives. **This is the "Burning Need of the Hour of our Modern Teachers".**

Sivananda Literature

In order to meet their above needs, our students and our Teachers can most profitably study "Sivananda Literature", i.e. the books written by His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Headquarters, Rishikesh, India; and acquire knowledge and right orientation respectively needed by them.

"Sivananda Literature" can eminently meet the needs of our students and our Teachers from four important points of view, i.e. (i) Sivananda Literature contains right teachings on all topics on the subject of "Life-building, Character-building and Man-making Education" which our modern students need the most, commencing from good physical health to self-realisation, and thus, Sivananda Literature is all-inclusive and comprehensive, (ii) Sivananda Literature is simple, scientific, rational, practical and powerful. It is also highly awakening, deeply appealing, greatly inspiring, heart-touching and life-transforming, (iii) Sivananda Literature is universal, non-sectarian, non-dogmatic, non-bigotry and therefore, students of all nationalities, religions, faiths, beliefs, sects, castes, creeds, colours, gender, etc. can study the same; and (iv) Shri Swami Sivananda has imparted his teachings to the students not as a Master, but as a friend and well-wisher. He always took the positive course of encouraging and infusing new hope and optimism into students and youth; and seldom took condemnatory attitude towards them. He also addressed the students directly which gives them the feeling of a personal touch and also which creates a feeling of intimacy, sense of interest and ready acceptability of his teachings in their minds. Also, his teachings are in simple language and even a high school student can understand the same well. In view of these, Sivananda Literature is highly student-friendly.

-- Publisher

About This Souvenir

Student Life and Youth Period is said to be the "Golden Period" of Precious Human Life. During this golden period, which is the "Right Period", students need to decide the right goals of their precious lives; lay the foundation of their lives properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and construct the superstructure of their lives completely, properly, strongly and nicely with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul, which are the four great goals of ideal human life according to our great and glorious Indian Culture or *Bharatiya Sanskruti*. Thereby, they can build their precious human lives rightly and live the same ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. Simultaneously, they can become worthy assets of their families, good members of the societies and ideal citizens of the nations.

In this connection, they need to acquire knowledge on all the above matters through what is called **"Life-building, Character-building and Man-making Education", which is the "Real Education"**, in their schools, colleges and universities. **This is the "Burning Need of the Hour of our Modern Students"**.

Further, Teaching is said to be a "Noble Profession". It is a "Man-Making Profession". And Teachers are the "Makers of the Students", who are the "Makers of the Nations". Therefore, our revered Teachers need to be provided with **"Right Orientation on Teaching Profession"** so that, thereafter, they can impart teachings to their students with right understanding, and with more efficiency and more effectiveness; and on "Life-building, Character-building and Man-making Education". Thereby, they can "Rightly Make" the lives of their students as ideal. Consequently, their students will derive immense benefits; and also their families, our societies and our nations will derive great benefits. Simultaneously, and more importantly, our Teachers themselves will derive great benefits in their personal lives. **This is the "Burning Need of the Hour of our Modern Teachers"**.

In this connection, our students and our Teachers can most profitably study Sivananda Literature which can most eminently meet their above needs.

In this context, one Special "Sivananda Literature Festival for Students and Teachers", with addresses delivered by Speakers and Guests; and exhibition of Books written by H. H. Shri Swami Sivananda Saraswati, the Founder-President of the Divine Life Society, Headquarters, Rishikesh, India on various topics of the subject of "Life-building, Character-building and Man-making Education", the "Real Education", and on "Orientation of Teachers on Teaching Profession", has been celebrated by the Divine Life Society, Bolangir Branch, Odisha, India on the 19th November 2023, for immense benefits of our dear students and our revered Teachers.

This souvenir titled "Golden Student Life", brought out in commemoration of this novel Festival, contains very valuable learning materials and write-ups on the above two subjects for study by and benefits of our dear students and our revered Teachers.

We firmly believe and greatly hope that by studying the same and practising the knowledge contained therein, our dear students and our revered Teachers will derive immense benefits in their personal lives.

- Publisher